VANCOUVER metro®

NEWS WORTH SHARING.

Canucks stand by their man

Despite a 15-day suspension for Saturday's rumble against the Flames, Vancouver players have Tortorella's back PAGE 21

Don't fear the runaway bride

Insurance firms are selling policies for the wedding-bound that cover weather, illness — even a change of heart PAGE 10

TONIGHT, TOMORROW

JIMMY FALLON SAYS HE'S NOT GOING TO CHANGE HIS COMEDIC TUNE WHEN HE TAKES OVER FOR LENO PAGE 12

ARE YOU FEELING BLUE or DOWN IN THE DUMPS?

The Mood Disorders Centre at UBC is recruiting individuals who are experiencing depression or bipolar depression for research studies.

You may be eligible to participate if you are between 18-65 years of age and experiencing symptoms of depression, such as:

- Depressed mood
- Diminished interest or pleasure in activities
- Change in appetite
- Poor sleep
- Fatigue
- Low self-esteem
- Poor concentration

Some remuneration will be provided to compensate for your time in participation. Some of the studies may include brain scans.

For further information, please call 604-822-7294

Mood Disorders Centre

UBC

Search-and-rescue boss mourned

'He will be sorely missed.' Heart attack killed North Shore Rescue's Tim Jones on Mount Seymour

North Shore Rescue team leader Tim Jones hugs a volunteer after being surprised with a dream vacation on Season 1 of Operation Vacation. Inset: Tim Jones' son Curtis, centre, speaks to reporters during a press conference Monday in North Vancouver.

COURTESY CONVERGENT ENTERTAINMENT; INSET: JENNIFER GAUTHIER/METRO

Flags flew at half-mast in North Vancouver and tributes poured in from across the country after North Shore Rescue leader Tim Jones died of a heart attack on Sunday at the age of 57.

Jones, who worked as an advanced life-support paramedic and as the paramedic in charge of the B.C. Ambulance Service in North Vancouver, was walking back from an event at the Mount Seymour rescue cabin when he collapsed.

He had been involved in more than 1,400 rescue missions in his 32-year career as a paramedic and was the public face of Canada's busiest search-and-rescue team.

"In his over three decades of service, Tim has saved countless lives both in our communities and in the mountains," said Mark Hancock, president of the union representing paramedics and emergency dispatchers in B.C.

"To say that the paramedic family and British Columbians in general have suffered a tremendous loss would be an understatement."

Jones is survived by his wife Lindsay, daughter Taylor and son Curtis, who is also a member of the rescue team and who Jones was grooming to follow in his footsteps as the organization's spokesman.

"Tim was an amazing boss, mentor, colleague, husband and friend, but most importantly he was the best father any son or daughter could ask for," Curtis said tearfully on Monday, in his first public appearance since his father's sudden death.

"He loved all of us and he loved the search-and-rescue team. He will be sorely missed by our family and those he has touched over the years."

Jones' funeral has been tentatively set for Saturday.

Premier Christy Clark issued a statement saying she was saddened by the news.

"Tim represented the North Shore and B.C. at our absolute best," Clark said. "He dedicated the best part of his life to helping people in the worst moment of theirs."

Clark presented Jones with the Order of British Columbia in 2011.

On his LinkedIn profile, Jones said he dedicated his life to becoming a helicopter rescue co-ordinator and training others to do the same.

"Outside this I have only one aspiration after this and that is to pay back my wife for time lost," he wrote.

Jones was such a tireless volunteer that in 2012 his colleagues nominated him for a dream vacation to London through the reality show Operation: Vacation. The episode has not yet aired in Canada.

He was also featured in a documentary about Canada's patchwork search-and-rescue system that aired last week on CBC. KATE WEBB/METRO

Civil Engineering Technicians Earn an Average of $28.00/Hour

BRIGHTON COLLEGE

Civil Design Training Programs

- 32 Week Diploma
- 100% Practicum Placements
- 4 Week Practicum
- Flexible Schedules

Learn more at our FREE info sessions every Monday and Wednesday at our Burnaby campus.

INFRASTRUCTURE DESIGN TRAINING

Take the next step in pursuing a career as a Civil Engineering Technician!

*Statistics have been acquired from WorkBC. Low Wage: $20/hr. High Wage: $43/hr.

Call today 604-901-5121 BrightonCollege.com

Let our Airfare Experts customize your perfect trip.

All advertised prices include taxes & fees.

The Captain's Red Label Fares

with **more inclusions** than any other airfare.

Flight Centre's Exclusive Airfares!

Red Label Fares come with:

- $200* hotel credit per room
- Plaza Premium Lounge Access^
- Pre-Assigned Seat Selection≠
- Fly Air Canada & Stay with GOGO Worldwide Vacations

Honolulu
from $495
Travel Mar 6 - Mar 12

Paris
from $995
Travel Feb 20 - Mar 7

Tokyo Travel Feb 24 - Mar 10	from $965
Rome Travel Feb 19 - Mar 4	from $1029
Hong Kong Travel Feb 18 - Mar 5	from $1229
Bangkok Travel Feb 3 - Feb 17	from $1399
Johannesburg Travel May 12 - May 26	from $1589

Rather speak to a person? Our Airfare Experts are here to help!

Air Canada Flights

Calgary
from $389
Travel Feb 21 - Mar 1

Montreal Travel Feb 18 - Feb 25	from $479
Toronto Travel Feb 5 - Feb 12	from $529
Miami Travel Mar 4 - Mar 11	from $579
Chicago Travel Mar 4 - Mar 11	from $729

Flights

London
from $749
Travel Feb 4 - Feb 13
Business class from $5079.

	Economy from	Business from
Las Vegas Travel Mar 6 - Mar 11	$335	$1329
Los Angeles Travel Feb 23 - Mar 2	$359	$1149
San Francisco Travel Mar 6 - Mar 12	$365	$2739
New York Travel Mar 5 - Mar 12	$555	$2625
Dubai Travel Apr 8 - Apr 23	$1099	$4589
Sydney Travel Mar 25 - Apr 9	$1465	$4715

Sun Destination Flights

Los Cabos
from $499
Travel Mar 5 - Mar 12

Cancun Travel Feb 18 - Feb 26	from $469
Puerto Vallarta Travel Mar 12 - Mar 25	from $499
Costa Rica Travel Mar 11 - Mar 18	from $765

Las Vegas

Las Vegas
Flights + 3 Nights 4-Star + Cirque du Soleil™ Tickets^Ω
from $429
INCLUDES 4-star accom on the Strip with roundtrip airport transfers. **BONUS** choice of select Cirque du Soleil™ or other top rated shows included^Ω. **UPGRADE** to 5-star accom from $575.

Las Vegas & Mexican Riviera
Flights + 3 Nights 4-Star + 7-Night Cruise + Cirque du Soleil™ Tickets^Ω from $1199
INCLUDES all flights, 4-star Las Vegas accom on the Strip and cruise sailing roundtrip Los Angeles visiting Cabo San Lucas, Mazatlan and Puerto Vallarta. **BONUS** tickets to a Cirque du Soleil™ or other top rated show included^Ω.

Canada & USA

Anaheim Family Special
Flights + 3 Nights
from $329◊
INCLUDES accom near theme parks. Price per person based on family of 4. **BOOK** this package based on double occupancy from $395.

New York Flights + 3 Nights from $659
INCLUDES Manhattan accom.

Toronto Flights + 4 Nights 4-Star from $705
INCLUDES downtown accom. **BONUS** stay 4, pay 3 included. **ADD** Toronto city tour from $49.

Honolulu
Flights + 7 Nights 4-Star from $949
INCLUDES Waikiki accom.

Vacations

Thailand Flights + 7 Nights
from $1595
INCLUDES 5 nights Phuket accom at Kata Beach and 2 nights central Bangkok accom.

India Flights + 8-Day Tour from $2265
HIGHLIGHTS Delhi, Agra, Taj Mahal, Bharatpur and Jaipur. Roundtrip Delhi.

All-inclusive Packages

Cancun
7 Nights 4-Star
from $1095
UPGRADE to 4.5-star accom from $1155.

Varadero 7 Nights 4-Star from $1095
UPGRADE to 4.5-star accom from $1335.

Puerto Vallarta
7 Nights 4-Star from $1109
UPGRADE to 4.5-star accom from $1319.

Los Cabos 6 Nights 4-Star from $1135
UPGRADE to 4.5-star accom from $1365.

Punta Cana 7 Nights 4-Star from $1265
UPGRADE to 4.5-star accom from $1525.

Flights & Cruise

Miami & Caribbean
Flights + 2 Nights + 7-Night Cruise
from $1485
INCLUDES flights, Miami Beach accom and cruise sailing roundtrip Miami visiting St Maarten, San Juan and Labadee (Haiti). **UPGRADE** to 4-star accom and oceanview stateroom from $1915.

Hawaii Flights + 2 Nights + 10-Night Cruise from $1455
INCLUDES flights, Waikiki accom near the beach and cruise sailing Honolulu to Vancouver visiting Kauai, Kona and Hilo. **UPGRADE** to 4-star accom and oceanview stateroom from $1845.

London & Mediterranean
Flights + 2 Nights + 6-Night Cruise from $2535
INCLUDES flights, central London accom and cruise sailing roundtrip London visiting Paris, Bilbao (Spain) and Gijon (Spain). **BONUS** London accom with daily breakfast included. **UPGRADE** to 4-star accom and oceanview stateroom from $2715.

FLIGHT CENTRE *The Airfare Experts*

flightcentre.ca
More great deals online!

24/7 **1 855 230 2053**
950 Airfare Experts across Canada.

*Conditions apply. Ex: Vancouver. All advertised prices include taxes & fees. Air only prices are per person for return travel unless otherwise stated. Package, cruise, tour, rail & hotel prices are per person, based on double occupancy for total length of stay unless otherwise stated. All-inclusive vacations include air. pp=per person. Prices are for select departure dates and are accurate and subject to availability at advertising deadline, errors and omissions excepted, and subject to change. Taxes & fees include transportation related fees, GST/HST and fuel supplements and are approximate and subject to change. ◊Price is per person for quad occupancy (2 adults & 2 kids ages 2-17) for total length of stay unless otherwise stated. *$200 hotel credit is per room and valid for a total of 5 nights minimum stay and based on twin/double occupancy except New York which has a 3 night minimum stay. ^Plaza Premium Lounge Access only available in Vancouver, Toronto and Edmonton. ≠Pre-Assigned Seat Selection is free on most routes with the exception of Hawaii, New York, Bangkok and Johannesburg which will require an additional fee. ΩConditions apply. Valid on new bookings only made in-store. Not valid on bookings made at www.flightcentre.ca. Offer is valid for all rooms and suites at select MGM Group hotels on bookings made from Dec 19, 2013 to Jan 30, 2014 for travel between Jan 12, 2014 and Sep 11, 2014, some blackout dates apply. Reservations that arrive or stay through over the blackout dates will not be applicable for the show ticket promotion. Offer is not valid on existing reservations and cannot be combined with any other offer, promotion or discount. Valid only for packages with minimum 3 night stay and flights originating at a US or Canadian airport. Limit 2 tickets per reservation. Both tickets must be used for the same show and show time. Single occupancy rooms will receive only one ticket. Some restrictions may apply. Tickets have no cash value and are non-refundable and non-transferable. Show ticket pick-up and use has some restrictions. Show tickets must be booked within 72 hours of booking your hotel package and no later than Feb 3, 2014. Offer is subject to availability, does not apply to group reservations and may be cancelled or modified without notice at any time by the supplier. Participants must be at least 21 years of age. Additional conditions may apply, speak with your Flight Centre consultant for details. Offer expires Jan 30, 2014. †We will beat any written quoted airfare by $1 and give you a $20 voucher for future travel. "Fly Free" offer applies only where all "Lowest Airfare Guarantee" criteria are met but Flight Centre does not beat quoted price. Additional important conditions apply. For full terms and conditions visit www.flightcentre.ca/lowestairfareguarantee-flyfree. BC REG: #HO2790*

Bankruptcy could toss stick into city bike-share spokes

More delays? Mayor says the city's prudence will keep it from being on hook for Bixi woes

EMILY JACKSON
emily.jackson@metronews.ca

This is starting to sound like a broken record, but Vancouver's long-promised public bike-share system could be delayed, again, after the company selected to provide the bicycles filed for bankruptcy on Monday.

Montreal-based Bixi, which was also chosen to provide the stations, helmet system, call centre and software for Vancouver's $6-million system, has been forced to restructure because it owes $38 million to its home city and $9 million to other suppliers.

In a statement, the company blamed liquidity problems from expanding its business. It lost $5.6 million from customers in New York City and Chicago because of delays relating to the IT systems.

What's Bixi?

While the city chose Alta Bicycle Share to operate, finance, install and maintain a bike share, Alta partnered with Bixi to provide the physical infrastructure, notes a July city report recommending both providers.

Bixi maintains the bankruptcy won't affect systems in operation, but this latest round of trouble could push back implementation of Vancouver's bike share — originally planned for spring 2013 — until 2015.

Mayor Gregor Robertson issued a statement distancing the city from Bixi's woes, stating that Bixi is "not the primary partner" for the city's bike share.

"The City of Vancouver has always acted to protect taxpayers from exposure to financial risk in our work to establish a public bike-share network, and today's reports regarding Bixi underscore the importance of that commitment," the statement reads.

Bixi bikes are seen in Toronto. The company chosen to supply the bikes for Vancouver's future public bike-share system filed for bankruptcy on Monday. HANNAH ZITNER/METRO

Vancouver's reluctance to sign a deal will prevent taxpayers from being on the hook for millions, as they could be in Montreal.

Robertson said a public bike share will be "an important addition to our city's transportation network" but that it won't launch unless the city is satisfied the operations will be fiscally responsible.

Bixi and Alta beat out five other applicants to install and operate Vancouver's system. In November, city transportation director Jerry Dobrovolny said it was "difficult to say" whether the city would pull the plug on Bixi or go back out to market.

Neither Alta Bicycle Systems nor Bixi returned requests for comment.

People opposed to closing Point Grey Road to car traffic protest where the street is blocked at Macdonald on Monday. EMILY JACKSON/METRO

NPA pledges to reopen Point Grey if elected

Vancouver's main opposition party wants to turn neighbourhood anger against a Kitsilano blockade into votes.

The NPA will reopen Point Grey Road to through car traffic if the party wins a mandate in November's election, NPA Coun. George Affleck said at a protest on Monday.

"Our biggest problem is that we're closing off an important arterial," Affleck said. "This isn't just about bike lanes; it's about access for emergency vehicles, access for transit, persons with disabilities, seniors."

About 50 people, including NPA and Green Party politicians, attended the rally condemning the new barriers that stop all but local traffic between Macdonald and Alma streets. It's part of a plan for a safe seaside greenway for pedestrians and cyclists, approved by the majority Vision Vancouver council last summer.

"It's blocked off, quite frankly, for the rich that don't want a lot of traffic there," argued resident Ron Johnson.

Vision Vancouver Coun. Heather Deal stands by the closure, as it "finally" connects the western beaches to the seawall for a 28-km route.

That pleases resident Pamela McColl, who spent the weekend enjoying "one of the most beautiful recreational parts of the city."

EMILY JACKSON/METRO

WHISTLER BLACKCOMB
BIG DEALS TO CELEBRATE THE OPENING OF OUR NEW LIFTS.

While some travel thousands of miles for a taste of the Whistler Blackcomb experience, you're just a quick trek up the Sea-to-Sky from everything that there is to love about this place, from good times in the Village to great snow on the mountains.

And now there's even more to love. The new Crystal Ridge Express and Harmony 6 Express are open, whisking skiers and boarders to high alpine heaven. Take advantage of January Ski & Stay packages and get up here soon.

JANUARY SKI & STAY DEALS
3 NIGHT 2 DAY
SKI & STAY PACKAGE
from $123* per person per night
VALID DATES JANUARY 5 - 31

*Starting from package rate is per person per night based on 2 people in a studio, valid January 5 - 31, 2014. Package includes 3 nights accommodations and a 2 day lift ticket per person. Taxes and fees are extra. Restrictions may apply. Other packages available for dates throughout the winter season, please inquire for details.

1.866.383.9586 / whistlerblackcomb.com/getaway / PEAK 2 PEAK / WHISTLER BLACKCOMB

Well, colour me a bad driver!

Since 2010. Green and black cars get the most tickets: Abbotsford police

MATT KIELTYKA
matt.kieltyka@metronews.ca

Green is the colour of money, envy and — of course — Metro.

It's also the colour that seems to get into the most trouble with cops, according to statistics from Abbotsford police.

Spokesperson Const. Ian MacDonald said the department decided to start looking into a breakdown of their vehicle ticketing after friendly banter on the radio about men being more likely to be ticketed than women.

The conversation spun to car brands and finally colours before MacDonald started digging.

With the help of Abbotsford police's computer system and ICBC data, he discovered drivers of green and black vehicles were actually the most likely to be issued a violation ticket.

Green vehicles make up 6.3 per cent of the cars on the road, but represented 7.4 per cent of tickets. Black cars represent 15.6 per cent of the market, and 17.9 per cent of tickets.

But MacDonald was quick to warn bad drivers come in cars of all colours.

"The percentages are so slight we don't want people to lose the plot," he said. "They still need to drive responsibly and driving behavior will always determine if you get pulled over."

A police officer writes a speeding ticket. Abbotsford police say drivers of green or black vehicles get more tickets. METRO FILE

ROGERS authorized dealer

ABBOTSFORD
Clearbrook Plaza 604-556-7702
Seven Oaks Shopping Centre 604-854-1988
West Oaks Mall 604-859-0070
2050 Sumas Way – Unit 303 604-852-5863
BURNABY
Crystal Mall 604-436-3110
Crystal Mall 604-718-2112
Highgate Village 604-521-3338
Lougheed Mall 604-420-7979
Metropolis (Near Bus Loop) 604-433-8000
Metrotown (Near T&T) 604-432-9303
Metropolis 604-430-3903
Brentwood Mall 604-320-0789
CHILLIWACK
Cottonwood Mall 604-858-0017
CLOVERDALE
Cloverdale Crossing Mall 778-571-0776
Hillcrest Village 604-576-6360
COQUITLAM
Coquitlam Centre 604-941-6122
H-341 North Rd. 604-939-4777
DELTA
Delta Shoppers Mall 604-592-9199
Bay Side Village 604-943-3602
5180 Ladner Trunk Rd. 604-946-7100
Scottsdale Mall 604-590-9011
LANGLEY
Willowbrook Mall 604-532-9099
Fraser Crossing Shopping Centre 604-532-0440
Thunderbird Centre 604-881-2050
MAPLE RIDGE
Valley Fair Mall 604-466-1675
Westgate Shopping Mall 604-460-2888
MISSION
Mission Hill Plaza 604-820-0811
NEW WESTMINSTER
Royal City Mall 604-777-9906
NORTH VANCOUVER
Norgate Plaza 604-983-3335
1422 Lonsdale Ave. 604-983-3025
Park & Tilford Mall 604-988-2803
West Lynn Shopping Mall 604-984-8900
Capilano Mall 604-983-9744
1617 Lonsdale Ave. 604-980-4870
PORT COQUITLAM
2131-2850 Shaughnessy St. 604-941-2423
RICHMOND
Continental Centre 604-279-8868
Aberdeen Centre 604-279-9187
Richmond Centre 604-273-2203
Lansdowne Mall Centre 604-247-2355
Aberdeen Centre 604-303-8811
SOUTH SURREY
Semiahmoo Mall 604-536-1010
SQUAMISH
38-40437 Tantalus Rd. 604-898-3025
SURREY
Khalsa Business Mall 604-572-9955
Guildford Mall 604-951-9399
Central City 604-583-7000
Southpoint Exchange 604-531-2500
Newton Centre 604-599-5522
Peninsula Village 604-535-8828
VANCOUVER
155-139 Keefer St. 604-683-8283
Bentall Centre Mall 604-602-0968
6510 Fraser St. 604-325-6665
Oakridge Mall 604-267-1011
2691 West Broadway 604-736-1813
5759 West Blvd. 604-267-6383
920 Davie St. 604-684-5981
Kingsgate Mall 604-879-1003
103-1807 Burrard St. 604-736-3326
Marketplace Village 604-221-5505
601 Robson St. 604-682-4333
1795 Robson St. 604-605-8290
1093 Robson St. 604-628-1388
148-555 West 12th Ave. 604-876-0888
1022 Mainland St. 604-608-2448
2097 West Broadway 604-733-3999
1295 Davie St. 604-669-7377
1027 – West 15th Ave. 604-731-1699
Pacific Center 604-801-5292
WEST VANCOUVER
Park Royal North 604-921-1488
Park Royal South 604-921-4880
WHISTLER
18-4314 Main St. 604-932-2021

LIMITED TIME OFFER
IF YOUR RESOLUTION WAS TO
SAVE 50%
YOU'RE OFF TO A GREAT START
SAMSUNG GALAXY NOTE 3™
SAMSUNG GALAXY S4™
SAMSUNG GALAXY SIII™
ADD A LINE TO A SHARE EVERYTHING™ PLAN AND GET
• 50% OFF ALL THE LATEST SMARTPHONES ON SELECT 2-YR. PLANS*
• ONE POOL OF DATA FOR ALL YOUR FAMILY'S DEVICES
• UNLIMITED CANADA WIDE CALLING
• UNLIMITED MESSAGING
CALL 1 888 ROGERS1
CLICK ROGERS.COM/SAVE50
VISIT YOUR LOCAL ROGERS STORE TODAY
LIVE LIKE NEVER BEFORE™
ROGERS

ROGERS authorized dealer · WIRELESSWAVE · WIRELESS etc... · MOBILE · FUTURE SHOP · Tbooth wireless · BEST BUY · THE MOBILE SHOP · LONDON DRUGS · PRICELESS

*Offer available for a limited time and subject to change without notice. For new and existing Share Everything customers, discount applies to any smartphone purchased and activated on a secondary line on a 2-yr. talk, text and Internet Share Everything plan. A Connection Fee of $15 per line also applies (to first invoice, applicable to new line/device only) to activate your service on the Rogers network. The following monthly government 9-1-1 fees apply where applicable: 62¢ in Saskatchewan, 40¢ in Québec, 43¢ in Nova Scotia, 53¢ in New Brunswick, 70¢ in Prince Edward Island and 44¢ in Alberta (effective April 1, 2014). However, there is no airtime charge for calls made to 9-1-1 from your Rogers wireless device. Where applicable, additional airtime, data, long distance, roaming, options and taxes are extra and billed monthly (not discounted). Device Saving Recovery Fees and/or Service Deactivation Fee (as applicable) apply in accordance with your service agreement. TM ©2014 Rogers Communications.

'Jell-O and cheese' effect. Sedimentary basin could amplify shaking during earthquake: Researchers

New research is shaking up the entire notion of what could happen to the Vancouver area during an earthquake, indicating bridges and tall buildings would rattle and sway a whole lot more than previously thought.

Two studies published Monday in the Bulletin of the Seismological Society of America show that seismic waves are amplified as they pass through the Georgia Basin, the deposit of softer sedimentary rock that lies partly beneath Metro Vancouver.

If a quake occurred within 100 kilometres of the city, the basin could make the ground quake three to four times more.

The authors say people driving would notice the shaking and suggest it could damage even well-constructed buildings.

"The shaking in (Metro) Vancouver would be greater because of the presence of the Georgia Basin, especially when the earthquake occurred to the south or southwest," says lead author Sheri Molnar of the University of British Columbia civil engineering department.

The Georgia Basin is shaped like an elongated bowl and lies beneath the Georgia Strait, between the Lower Mainland and Vancouver Island. It is one in a series of basins along the Pacific coast of North America and is filled with layers of silt, sand and glacial deposits.

She compares the Georgia Basin to gelatin surrounded by a hard block of cheese.

"We're bringing the earthquake up through the cheese, and then it's suddenly hitting the Jell-O mould and starting to slosh around and bounce around within that Jell-O."

THE CANADIAN PRESS

At knifepoint

Three men robbed of cellphones

A Vancouver man and woman were arrested after three men were robbed of their cellphones Sunday night at knifepoint.

Around 6:30 p.m., a 24-year-old man and a 25-year-old woman allegedly robbed the men, who were walking in the area of Hornby and West Georgia streets.

"A short time later, the man and woman were found by police in the area of Robson and Seymour streets and were arrested with the assistance of a police dog, following a short foot chase," said Sgt. Randy Fincham.

SINDHU DHARMARAJAH/FOR METRO

Multiple assailants

Man injured in machete attack

A 25-year-old Surrey man was taken to hospital after being attacked with a machete early Monday morning.

Surrey RCMP arrived at the 14100 block of 75th Avenue shortly past 1 a.m. after residents reported a group of people, one wielding a machete, assaulting a lone man.

They found the man bleeding extensively from a number of slash wounds. The man was transported to hospital and treated for non-life-threatening wounds.

Police said the attack appears to be targeted.

SINDHU DHARMARAJAH/FOR METRO

New hospital doc to air on B.C. network

Life and Death at VGH. It airs Tuesday night on the Knowledge Network

Gaping wounds, bloody scrubs and life-saving procedures are some of the things you can expect to see on a new series premiering Tuesday (at 9 p.m.) about the real experiences from Vancouver General Hospital's emergency ward.

The six-part documentary, Emergency Room: Life and Death at VGH, on B.C.'s Knowledge Network is Canada's first documentary with a look inside the ER.

Rudy Buttignol, Knowledge Network CEO, said he wanted to do a series focusing on health care because it impacts everyone in the province. He decided that an exclusive look into the emergency room would help citizens gain insight.

"One of the ideas behind the documentary series (is to) get behind the scenes and peel back the curtain and give people an idea of what happens in hope that being informed helps them not be fearful," he said

Buttignol emphasized that this was a documentary and not an entertainment reality show; therefore, viewers can expect to see raw graphic content.

"There were no restrictions for the filmmakers," he said. "Whatever was being filmed not only had to be believable and important to the story, but it had to be true."

During the filming process last year, the priority was to keep the hospital functioning as normally as possible and not bother the patients with consent forms. "That was probably our biggest challenge," said Louise Clark, executive producer of Lark Productions. "We never approached anybody who was in extreme duress."

About 20 staff members from VGH will be featured throughout the weekly one-hour episodes. One of them includes ER physician Dr. Gina Gill.

"Within just a couple of days they really were just flies on the wall. They did a really good job of staying clear," said Gill. "It was an interesting experience to share what we do."

SINDHU DHARMARAJAH/FOR METRO

ER physician Dr. Gina Gill is one of about 20 staff members from VGH who will be featured throughout the documentary. ERICH SAIDE/FOR METRO

Hello to savings.
Au revoir to taxes.
Win-win.

Invest in a BMO® Tax-Free Savings Account.

With no tax on the interest you earn[1], it just makes sense to have a TFSA. And because we're offering a special rate on our TFSA Savings Account, now is the perfect time to invest in one.

To learn more, visit a BMO branch or bmo.com/tfsapromo

From now until March 31, 2014, earn
1.80%*
interest on new money deposited in a TFSA Savings Account.

BMO Bank of Montreal
Making money make sense®

*This interest rate is comprised of the regular posted interest rate of 1.00% plus a bonus interest rate of 0.8%. The posted and/or bonus rates may be changed at any time without notice. The bonus interest rate only applies to the portion of the balance in your TFSA Savings Account that exceeds the closing balance as of January 1, 2014. The bonus interest is calculated on the daily closing balance and payable monthly as of the last day of the month. Offer may be changed or withdrawn at any time without notice. Other terms and conditions apply.
[1]Subject to TFSA contribution limits. Please speak to your tax advisor for tax advice regarding the TFSA. ®Registered trademarks of Bank of Montreal.

Vancouver Island

Horse-hair thief on the loose

A Cowichan Valley horse owner made a shocking discovery when she entered her barn last week. At some point during the night, someone had sheared the tails of five of her horses. The Jan. 12 incident is the second of its kind on the property, said RCMP Const. Krista Hobday in a statement. In March 2013 two horses had their tails clipped, but it is unknown whether or not the same person was responsible. The motive for the theft is unknown, but horsehair can be used for several purposes including craft products and ceremonial masks.

SINDHU DHARMARAJAH/FOR METRO

Privacy

Police should have warrants to search cellphones: Lawyer

A defence lawyer has told B.C.'s highest court that police should be forced to get the permission of a judge before searching a suspect's cellphone after an arrest.

The B.C. Appeal Court case, involving a kidnapping that happened nearly eight years ago, is the latest to consider when police should be able to search the private data stored on smartphones. Rajan Singh Mann was convicted two years ago of a June 2006 kidnapping, and the verdict partly relied on messages recovered from a Blackberry.

THE CANADIAN PRESS

LNG development

B.C. First Nation issues warning to Premier Clark

A British Columbia First Nation says the provincial government is taking the rights of aboriginal peoples for granted when it comes to consulting on proposed liquefied natural gas developments. Wet'suwet'en Chief Karen Ogen (Oh-gen) is warning Premier Christy Clark to immediately start talks over the developments, including offering First Nations a fair share of LNG revenues, estimated at $9 billion a year. Ogen says her band sent Clark a letter last August, but has not received a reply.

THE CANADIAN PRESS

Anger, applause for PM at Knesset

Israel. Harper receives standing ovations for speech calling Israel's opponents anti-Semites, as pair of members storm out

Prime Minister Stephen Harper addresses the Knesset in Jerusalem on Monday. SEAN KILPATRICK/THE CANADIAN PRESS

Prime Minister Stephen Harper warned Monday of a new age of anti-Semitism, staking new ground in his allegiance to Israel by telling the country's parliamentarians that those who oppose the Jewish state are little more than hateful anti-Semites.

The loathing for Jews that resulted in the "horrors of the death camps" of Nazi Germany was crude and ignorant, Harper said in a historic speech to the Knesset, the first such address before the Israeli parliament by a Canadian prime minister.

"But in much of the western world, the old hatred has been translated into more sophisticated language for use in polite society," he said.

"People who would never say they hate and blame the Jews for their own failings or the problems of the world instead declare their hatred of Israel and blame the only Jewish state for the problems of the Middle East."

Harper's speech was greeted by several prolonged standing ovations — and one dramatic outburst that served to illustrate the tense relations that characterize the Jewish-Arab relationship in the region.

"Israel is an apartheid state," shouted Ahmad Tibi, an Arab-Israeli member of parliament who then stormed out of the Knesset, followed by a colleague.

The pair angrily strode from the chamber after Harper assailed the "twisted logic" of making such a comparison to South Africa's racist regime.

Throughout his speech, Harper looked back into history, touching not just on the Holocaust but Canada's own refusal in the 1930s to help Jewish refugees, something he deemed a "terrible mistake."

He spoke of the founding of Israel as a place where people could "seek shelter from the shadow of the worst racist experiment in history."

While criticism of Israeli government policy isn't anti-Semitic, Harper said, criticism that targets only Israel while ignoring violence and oppression in its neighbours is unacceptable.

"It is, thus, a Canadian tradition to stand for what is principled and just, regardless of whether it is convenient or popular," Harper said. "But, I would argue, support today for the Jewish state of Israel is more than a moral imperative. It is also of strategic importance, also a matter of our own, long-term interests."

Harper said the forces that have threatened Israel "every single day of its existence" threaten all countries, "as 9/11 graphically showed us."

The prime minister said he refused to single out Israel for criticism, saying it is easy to follow the international crowd and focus only on one country — a "go-along-to-get-along" approach he described as both weak and wrong.

But Canada would be quick to welcome a new sovereign Palestinian state if its leaders chose democracy and peace, he added. THE CANADIAN PRESS

Quoted

"Just as we unequivocally support Israel's right of self-defence, so too Canada has long supported a just and secure future for the Palestinian people."

Prime Minister Stephen Harper

For many on Sochi's outskirts, the Olympic project is no game

Irina Kharchenko walks away from her house beside the screen separating her yard and a federal highway in the village of Vesyoloye, outside Sochi, Russia, on Nov. 27, 2013. As the Winter Games are getting closer, many Sochi residents are complaining that their living conditions are getting worse, and authorities are deaf to their grievances. ALEXANDER ZEMLIANICHENKO/THE ASSOCIATED PRESS

A new $635-million highway on the outskirts of Sochi stands next to a crumbling apartment block with a red "SOS!" banner on its roof.

The residents of 5A Akatsy St. have lived for years with no running water or sewage system. Construction for the 2014 Winter Games has made their lives more miserable. The new highway has cut them off from the city centre.

The slum is one of the many facets of a hidden dark side in the host city of next month's Winter Olympics, which stands side-by-side with the glittering new construction projects that President Vladimir Putin is touting as a symbol of Russia's transformation to a modern economy.

While state-run TV trains its cameras on luxury malls, sleek stadiums and high-speed train links, thousands of ordinary people in the Sochi area put up with squalor and environmental waste: Villagers living next to an illegal dump filled with Olympic construction waste, families whose homes are sinking into the earth, city dwellers suffering chronic power cuts despite promises to improve electricity.

Putin promoted the Sochi Games, which begin on Feb. 7, as a unique opportunity to bring investment to the Black Sea resort and improve living standards for its 350,000 residents. Looking back at those promises, many residents, weary from years of living in the midst of Russia's biggest construction project in modern history, say they have yet to see any improvement in their lives and point to an array of negative effects.

THE ASSOCIATED PRESS

Support our athletes. Wear red and white, but leave the face paint to Ronald

Die-hard fans planning to cheer on Canadian athletes at the Sochi Olympic Winter Games next month may want to hold back on the face painting.

A recent poll conducted by Mondelez Canada shows that if they had to pick, Canadian Olympians said that face painting was their least favourite fan behaviour (20 per cent). Instead, 77 per cent said cheering and shouting, holding up signs of support (73 per cent) and dressing up in red and white (71 per cent) are the top ways to motivate them.

Three-time Olympic gold medallist Jennifer Botterill said while face painting had the lowest impact for her, seeing a sea of red and white always did the trick.

"In our rink, every single time that we played, everyone was in Canada gear wearing the red and white," she said. "And as an athlete you're focused, but at the same time you take in some of that energy and you notice how much the Canadians are supporting you."

But whatever fans do, Botterill said the athletes out there do notice and appreciate it all.

"It's great for them to show their support and their enthusiasm in their most authentic way, so however they want to support is really meaningful for the athletes," she said.

The survey also found that 72 per cent of athletes love receiving handwritten letters, while 62 per cent say they like to hear from fans on social media and 70 per cent said they prefer email letters of support.

In fact, Botterill said she made it a point to put up all the letters she received every time she competed at the Olympics.

"At my first Olympic Games, my roommate Becky Kellar and I put up all the letters that were sent to us in our rooms in the village," she said. "We put every single one up on our walls, so our walls were covered from the support from Canadians … even the last Olympics, I continued to do that."

PHOEBE HO/METRO IN TORONTO

Remember your first time behind the wheel?

Make your teen's first driving memories unforgettable.
Book a Graduated Licensing Program together with a Road-Test Package and Save $210.

We know the safety of your new driver is important, so we provide a state-of-the-art driver education program at the Mercedes-Benz Driving Academy for New Drivers. Our research based coaching methods teach new drivers to take responsibility right away, properly preparing them for when they begin to drive on their own. Pick-up and Drop-off at your home or school, plus the excitement of driving a Mercedes-Benz vehicle are just part of what makes us unique and our affordability will be a pleasant surprise.

Sign up your teen and save at www.mb-drivingacademy.ca/ca/savings

L N

Mercedes-Benz Driving Academy for New Drivers
info@mbdrivingacademy.ca
(604) 460-5004

*Offer expires January 31, 2014. Terms and conditions apply.

A Daimler Brand

Mercedes-Benz

Noted Canadians supporting Neil Young

Oilsands. Letter from artists, authors, scientists calls for a land where 'laws are not written by powerful oil companies'

More than 20 notable Canadians have penned a letter to support musician Neil Young following his concert tour to raise money for a First Nation fighting oilsands expansion in northern Alberta.

The group includes creative and performing artists, authors, scientists and a lawyer.

Actor Neve Campbell, Booker-prize-winning author Michael Ondaatje and musician Gord Downie of the Tragically Hip are among those who signed the letter. It says that Young's tour raised more than $500,000 to help the Athabasca Chipewyan band pay for a legal attempt to protect its traditional land.

First Nations rights

"The time has come for Canada to decide if we want a future where First Nations rights and title are honoured."

Excerpt from the letter released Monday

The letter also says that Canada must decide if it wants to protect the environment. Young played Toronto, Winnipeg, Regina and Calgary.

THE CANADIAN PRESS

Actress Neve Campbell, one of 20 who gave support. ANGELA WEISS/GETTY IMAGES

VISIT THE NEW FOOD COURT
GRAND OPENING JAN 22 – 24
AND ENTER TO WIN 1 FREE LUNCH PER WEEK FOR A YEAR!*

The new food court at Harbour Centre offers everything from fresh salads and sushi to Mediterranean cuisine and Thai food.
harbourcentre.com/landmarkinmotion

Harbour Centre
LANDMARK IN MOTION

*Go to harbourcentre.com/contest for rules and regulations and for more chances to win great prizes. Contest ends Jan. 31, 2014.

Rosetta spacecraft. Sleeping comet-chaser sends its first signal home: 'Hello world!'

A comet-chasing space probe that has been in hibernation for almost three years has woken up and sent its first signal back to Earth.

The European Space Agency received the all-clear message "Hello World!" from its Rosetta spacecraft some 800 million kilometres away shortly after 7 p.m. Monday (1800 GMT; 1 p.m. EST).

Rosetta was put into hibernation in 2011 to conserve energy for its long journey to meet with comet 67P/Churyumov-Gerasimenko.

If all goes as planned, the probe will rendezvous with the comet in the coming months and drop a lander onto its icy surface in November.

THE ASSOCIATED PRESS

An artist's impression of Rosetta. THE ASSOCIATED PRESS

Mix of chemicals

Mint worker hurt in chemical burn

A 22-year-old worker at the Royal Canadian Mint is in stable condition after suffering first-degree chemical burns to his eyes, face, ears and the back of his neck.

The man was treated at the scene for exposure to a mix of chemicals, including silver nitrate, and was taken to hospital.

Although his wounds are considered to be mild, burns caused by chemicals can continue to affect the exposed area, said paramedics.

Ottawa paramedics got the call to the mint just before 8 a.m. on Monday.

THE CANADIAN PRESS

Fredericton

Man in custody following a machete attack

Four people were injured, including the suspect, following an attack at a Fredericton college involving a machete-style knife, police said Monday.

Cops responding to the attack at Eastern College found three injured victims: Two teachers and a student, Fredericton police Chief Leanne Fitch told a news conference.

Fitch said a student had the man subdued on the floor of a hallway when police arrived. The three victims were taken to hospital with non-life-threatening injuries. The suspect also had minor injuries.

THE CANADIAN PRESS

RBC Direct Investing

PLUS GET
20
FREE TRADES.
ACT BY MARCH 3rd.[2]
Use offer code 20W1

IT'S A NEW DAY FOR ONLINE INVESTORS

$9.95

TRADES FOR ALL.[1]
NOT JUST FOR SOME.

Now everyone can make online and mobile equity trades for just $9.95.[1]
No balance or trading requirements.

Learn more at rbc.com/trade

[1] All RBC Direct Investing clients pay $9.95 CDN or US per equity trade with no minimum account balance or trading activity required. $6.95 flat CDN or US per equity trade when you trade 150 times or more per quarter. This pricing only applies to trades placed through an available Automated Service, including the online investing site and mobile application. Additional terms and conditions apply. Visit www.rbcdirectinvesting.com/lowtrades or call 1-800-769-2560 for complete details.

[2] In order to qualify for this 20 free trades offer ("Offer"), you must: open a new account with RBC Direct Investing between January 14, 2014 and March 3, 2014 ("Eligible Account") and enter the provided offer code at the time of opening your account. If you qualify for this Offer, you will receive a rebate of applicable commission fees on up to 20 trades in exchange-listed securities (i.e. equities and/or ETFs) that you enter online or via the mobile application for up to 90 days from the date your account was opened. The Offer is only applicable to a maximum of one (1) Eligible Account for each client. This Offer is non-transferable and is not valid in conjunction with any other offer or promotion, and the free trades may not be applied against any other account. This Offer is subject to the terms and conditions that you will receive with your confirmation letter and available at rbcdirectinvesting.com/20freetrades.

RBC Direct Investing Inc.* and Royal Bank of Canada are separate corporate entities which are affiliated. RBC Direct Investing Inc. does not provide investment advice or recommendations regarding the purchase or sale of any securities. Investors are responsible for their own investment decisions. RBC Direct Investing is a business name used by RBC Direct Investing Inc. * Member-Canadian Investor Protection Fund. ® / ™ Trademark(s) of Royal Bank of Canada. RBC and Royal Bank are registered trademarks of Royal Bank of Canada. Used under licence. © Royal Bank of Canada 2014. All rights reserved.

Market Minute

DOLLAR
91.32¢
(+0.21¢)

TSX
13,990.29
(+102.08)

Nasdaq and Dow Jones closed for Martin Luther King Jr. Day.

Montreal

Bixi files for creditor protection

Montreal's bike sharing service, Bixi, has gone bust.

Bixi has filed for bankruptcy protection, but Montreal's mayor said Monday that the service is still expected to operate this summer. THE CANADIAN PRESS

Mining for more

Osisko rejects Goldcorp's hostile $2.6B takeover offer

Osisko Mining Corp. said Monday that shareholders should give its board time to find an alternative to Goldcorp's hostile $2.6-billion takeover offer, which it called opportunistic and inadequate.

The gold miner, which said it was working with its advisers, including talks with third-parties, urged its shareholders not to tender their stock to the Goldcorp bid.

Osisko shares have traded well above the $5.95 implied value of the Goldcorp offer since the stock-and-cash proposal was first announced last week. THE CANADIAN PRESS

Cross-border shoppers

Target card breach may hit Canadians

Target is warning Canadians that a security breach may have led to their personal info being stolen. Shoppers who went to U.S. Target stores between Nov. 27 and Dec. 15 were affected.
THE CANADIAN PRESS

With this (insured) ring I thee wed

For better, for worse.
With the cost of tying the knot soaring, couples are committing to insurance for their big day

Worried about the bride getting cold feet? There's an insurance policy for that.

With the cost of the average American wedding reaching about $26,000 US, insurers have been selling a growing number of policies to protect against losses from extreme weather, illness and, in one firm's case, even a sudden change of heart.

Cheryl Winter spent $500 US for Hartford-based Travelers Cos. Inc. to cover her daughter's $50,000 US destination wedding last October in New Orleans, where her biggest concern was a potential hurricane. The weather co-operated, but the limousine never showed up. Her daughter took a taxi to the church, and they used the insurance policy to claim the deposit money they couldn't get back from the limo driver.

The insurance is offered by a small number of U.S. companies. Insurers declined to provide data on the number of customers beyond saying they are growing steadily. It can cover losses from issues ranging from bankrupt wedding halls to cancellations forced by unexpected military deployments. Travelers says issues with vendors account for about a quarter of the claims, with most of those related to issues with photographers or videographers.
THE ASSOCIATED PRESS

Credit card execs apologize for data theft in South Korea

The heads of three major South Korean credit card firms, from left, NH Nonghyup Card head Sohn Kyung-ik, Lotte Card CEO Park Sang-hoon and KB Kookmin Card CEO Shim Jae-oh, bow to offer a public apology during a news conference in Seoul on Monday. The firms were the victims of a massive theft of personal data linked to 80 million cards, including salaries, monthly card usage, credit rating and card numbers. Cardholders are flocking to bank branches and overloading call centres and service websites to find out whether their information was stolen. KIM JU-SUNG/YONHAP/THE ASSOCIATED PRESS

TICK-TOCK, DRINK COFFEE ON THE CLOCK

SHE SAYS
Jessica Napier
metronews.ca

In the dark depths of winter, it can be a challenge to convince myself to leave the house, but nothing will force me out the front door in freezing temperatures like the need for caffeine.

Back in the 1980s, Starbucks president and CEO Howard Schultz envisioned the urban coffeehouse as a kind of "third place" between work and home, a space for individuals to come together to engage in conversation and develop a sense of community. Twenty years and 20,000 plus stores later, most Starbucks locations have been colonized by armies of laptop-wielding students and freelancers who treat these cafés as their own personal workspaces, spreading out over multiple tables and taking advantage of the free Wi-Fi for hours at a time.

And it's not just coffee shop patrons who tend to overstay their welcome. Managers at a McDonald's in Flushing, N.Y., are at a standoff with a group of elderly customers who have been parking themselves in the seating area for long periods of time and refusing to leave. While most fast food restaurants try to enforce a standard 20-minute time limit, these defiant customers have been camping out on a daily basis from early in the morning until late at night while nursing only a cup of coffee or splitting a small order of french fries amongst themselves. Not only is this bad manners, it's also bad for business. The lack of available seating for new paying customers has prompted the staff to call the local police to help eject the group, but these rebellious elders keep coming back.

In any city there is a definite need for public gathering spaces, but private companies shouldn't be obligated to provide this type of service. So while it is nice for these seniors to be able to come together and socialize in a warm, well-lit environment, there also seems to be a gross sense of entitlement on display from these colonizing customers who insist on lingering all day long without paying their fair share. Some people might criticize McDonald's for kicking them out into the cold, but even monolithic corporations have a right to manage their locations in a profitable way.

In Europe, one particularly unique café seems to have solved the problem of loitering clients by entirely rethinking the concept of time limits. At Ziferblat, a Russian chain which opened its first U.K. outpost in London, England earlier this month, guests don't pay per beverage, rather they're charged about five cents for every minute they spend inside the establishment.

Named after the Russian word for clock face, Ziferblat offers a unique kind of community space where clients are treated more like micro-tenants than customers. Visitors are welcome to use the kitchen facilities, provided they clean up after themselves, and enjoy complimentary tea, coffee and snack foods. In fact, everything is free except for the time you spend there.

Two years after launching their first outpost in Russia, the founders of Ziferblat stress that the café is more of a social project than a business model. But this pay-per-minute concept might just be the right approach when it comes to combating those free-loading regulars.

Follow Jessica Napier on Twitter @MetroSheSays

ZOOM

Tiger friends — they're grrrreat

ROBERTUS PUDYANTO/GETTY IMAGES

Man and big cat make best buds

Mulan Jamilah, a six-year-old Bengal tiger and Abdullah Sholeh, 33, play in the garden beside their home on Monday in Malang, Indonesia.

Abdullah is an Islamic student who has become a best friend and a full-time nanny to the tiger. Mulan's owner, Noer Muhammad Sholeh, 51, asked Abdullah to take care of the tiger when it was a three-month-old cub.

Abdullah regularly sleeps, plays and fights with the huge tiger. The pair are so inseparable, he often opts out of sleeping in his own bed to sleep alongside the big cat in her enclosure.

GETTY IMAGES

No friend too big or small

178 kg

Mulan now weighs 178 kilograms, is three-metres long including the tail and one-metre high. For security reasons, they have had to install metal bars to separate them when they are together in the enclosure. Mulan is fed six kilograms of chicken or goat meat twice a day.

Clickbait

LUKE SIMCOE
Metro Online

ISTOCKIMAGES

Whether it was Facebook's ever-changing settings, Google's willingness to put your profile pic next to an ad somewhere, or leaked documents suggesting the U.S. government is spying on pretty much everyone, 2013 was the year where privacy concerns went mainstream. There's plenty of reasons to care about privacy, even if you've got nothing to hide. So let's make a belated New Year's resolution to take back control over our own data. Here are some web browser extensions to help clean up your trail of online bread crumbs:

AdBlock Plus:
I honestly don't remember what the Internet looked like before I installed AdBlock Plus. In addition to blocking pesky banner ads and pop-ups, this extension also disables third-party tracking cookies and scripts.

Disconnect:
This app works on almost any web browser (even Internet Explorer!) to block third-party tracking cookies and other website scripts. Disconnect also protects you from tracking by social media sites like Facebook and Twitter, which follow you around the web collecting your browsing data for their coffers.

HTTPS Everywhere:
Considered a must-have by security experts, this extension shunts you to a more secure connection on any website that offers it. It's a very easy way to make your browsing more private without lifting a finger.

Twitter

@metropicks asked: At @ziferblat-london visitors are welcome to tea, coffee but pay 5¢ a minute for the stay. Would this work in your city?

@Canucklehead_ca: At the rate I consume coffee this would actually be a pretty sweet deal.

@ctmwyn: I kind of wish there'd be hotels with the same pricing scheme as @ziferblatlondon #PayAsYouGo #ByTheMinute

@theReal_KPHILL: not a car wash, Going out for Coffee I wanna relax, chat, check my phone, don't wanna feel rushed

WE WANT TO HEAR FROM YOU:
Send us your comments: vancouverletters@metronews.ca

metro
President Bill McDonald • **Vice-President & Group Publisher, Metro Western Canada** Steve Shrout • **Editor-in-Chief** Charlotte Empey • **Deputy Editor** Fernando Carneiro • **National Deputy Editor, Digital** Quin Parker • **Managing Editor, Vancouver** Jeff Hodson • **Managing Editor, News & Business** Amber Shortt • **Managing Editor, Life & Entertainment** Dean Lisk • **Sales Manager** Chris Mackie • **Distribution Manager** George Acimovic • **Vice-President, Sales and Business Development** Tracy Day • **Vice-President, Creative and Marketing Services** Jeff Smith • **Vice-President, Finance** Phil Jameson • **METRO VANCOUVER** 375 Water Street - Suite 405 Vancouver, BC V6B 5C6 • **Telephone:** 604-602-1002 • **Fax:** 604-648-3222 • **Advertising:** 604-602-1002 • adinfovancouver@metronews.ca • **Distribution:** vancouver_distribution@metronews.ca • **News tips:** vancouver@metronews.ca • **Letters to the Editor:** vancouverletters@metronews.ca

SCENE 2

DVD review

Captain Phillips

Director. Paul Greengrass

Stars. Tom Hanks

The high-seas survival drama Captain Phillips raises the pulse and tweaks the conscience. Directed by Paul Greengrass, who makes smart thrillers, and starring Tom Hanks in his best role in years, this isn't simply a tale of heroism and adventure. There is anxiety on both sides of the gun. We certainly cheer on Hanks as real-life seafarer Capt. Richard Phillips. In the spring of 2009, Phillips faced almost certain death after his cargo ship and crew of 20 were hijacked off the coast of Somalia by four armed men who demanded millions of dollars in ransom. We are also asked to consider the desperation of the four pirates. The well-rounded script by Billy Ray (The Hunger Games, Shattered Glass), based on Phillips' own account, shows how the hijackers are driven by extreme poverty and also by the warlord's bullets that await them back home. Hanks dials down his usual ebullience to radiate quiet determination as Phillips. This film leaves you not singing God Bless America, but rather pondering a dysfunctional world where hollow-eyed men of skin and bones feel compelled to take on a superpower.

PETER HOWELL

Fallon owns the night

From Jay to Jimmy.
Late Night host gears up to take the Tonight seat from Leno, but will his style stay the same?

Jay Leno, left, and Jimmy Fallon pose backstage at the Golden Globe Awards in this Jan. 2013 file photo. Leno is set to wrap up his 22-year run as host of The Tonight Show, and Fallon — who has hosted Late Night since 2009 — will take over the gig. THE ASSOCIATED PRESS FILE

Jimmy Fallon's Tonight show, which debuts next month with actor Will Smith and U2 as guests, will look familiar to people who appreciate his current work in the time slot following Jay Leno.

Fallon said he doesn't expect to change his brand of comedy to tailor himself to an earlier time slot. Fallon and his successor at Late Night, Seth Meyers, met with reporters Sunday as NBC begins the delicate process of a late-night transition.

"This show has completely changed from when I first started," Fallon said of Late Night, which he has hosted for five years. "I feel like we've blossomed into what will become the new Tonight show."

He rejected the idea of changes to make himself more appealing to an older, middle American audience that likes Leno. It's a delicate subject at NBC, where executives believe Conan O'Brien's limited appeal doomed their first effort to replace Leno. The executives anticipate Fallon's light-hearted comedy translating better.

Leno closes his two-decade run on Tonight Feb. 6 with Billy Crystal and Garth Brooks as guests. On Feb. 17, Fallon debuts a week's worth of shows at midnight following NBC's coverage of the Winter Olympics. He moves into his regular time slot a week later, followed by Meyers, who has Saturday Night Live chum Amy Poehler booked as his first guest.

NBC's entertainment president, Robert Greenblatt, said he'd like to keep Leno at NBC, perhaps to host regular specials. Fallon said he's not worrying about whether Leno leaves NBC and decides to keep working in late-night TV elsewhere.

Fallon said he called Leno when he got the Late Night job to reassure him he wasn't gunning for Leno's gig. He said they have spoken regularly, and he's taken some of Leno's advice, most prominently to make his nightly monologues longer.

"He's a good guy," Fallon said.

Fallon's Tonight show "should be goofy and fun and make everybody laugh. That's our job," he said. He said he appreciates showing different sides of celebrities by getting them involved in skits or games, like when Tom Cruise cracked two raw eggs on his head. Fallon's musical skits are among his most memorable. He said he alerted New Jersey Gov. Chris Christie's office ahead of time about his recent duet with Bruce Springsteen that spoofs Christie's traffic jam scandal.

Quoted

"I feel like we've blossomed into what will become the new Tonight show."

Jimmy Fallon on the style of his Late Night show

Although Fallon is moving Tonight to New York from the West Coast, he said he will take the show on the road, including to Los Angeles, for a couple of weeks a year.

Some critics have noted that the formal title of the show is changing from the Tonight Show With Jay Leno to the Tonight Show Starring Jimmy Fallon. Fallon said it was an homage to the show's roots.

Meyers said the legacy of Late Night is that hosts get to do weird things and that people have a little more patience with it.

But he seems very much the traditionalist. The current head writer of Saturday Night Live values writing, and he's brought the author of his SNL Weekend Update segments over to lead his own writing team. Meyers said he's looking to build a stable of writer-performers and that a strong monologue will be key to his show. "If you get too hung up on the legacy of what you're getting into, it gets in the way of the work," Meyers said. "Our goal is to be as funny as we can and get better every night."

THE ASSOCIATED PRESS

Hader, Wiig take dramatic turn at Sundance

The trailer for The Skeleton Twins will likely sell it as a comedy when this freshly minted Sundance 2014 hit heads to theatres later this year.

That's how these things go, and the movie does star two of the funniest people going: Kristen Wiig and Bill Hader, former partners in mirth on TV's Saturday Night Live. They play squabbling twin siblings Maggie and Milo, estranged for 10 years through family dysfunction and life interruptions, who are suddenly brought together again.

It's very funny, especially in the most-talked-about scene since the film had its world premiere Saturday to audience and critical raves. It's the one where an angry Maggie struggles to keep from smiling and joining in when Milo starts lip-synching and dancing to Nothing's Gonna Stop Us Now, a cheeseball 1987 life-affirming pop hit by Starship.

But what really makes this film, which Craig Johnson directed and co-wrote (with Mark Heyman), is the true-to-life drama it seamlessly folds into the narrative.

When we first meet Maggie and Milo, they're on opposite coasts — he's in L.A., she's in upstate New York — yet they're joined in the desperate acts of suicide attempts. It's a grim coincidence (or is it?) and it's not spoiling anything to say their failed exit bids brings them together under one roof, where they have to deal with serious issues related to their broken childhood, chronic depression and bad life choices.

Wiig and Hader have long been known for their comedy,

Bill Hader and Kristen Wiig star in The Skeleton Twins. CONTRIBUTED

and they previously teamed on the big screen for the comic coming-of-ager Adventureland, which premiered at Sundance 2009. With The Skeleton Twins, Wiig and Hader show they have impressive dramatic chops, while still keeping us smiling. Nothing's gonna stop them now. TORSTAR NEWS SERVICE

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Of politicians, puppies and a pint-sized princess

MELINDA TAUB
Metro World News

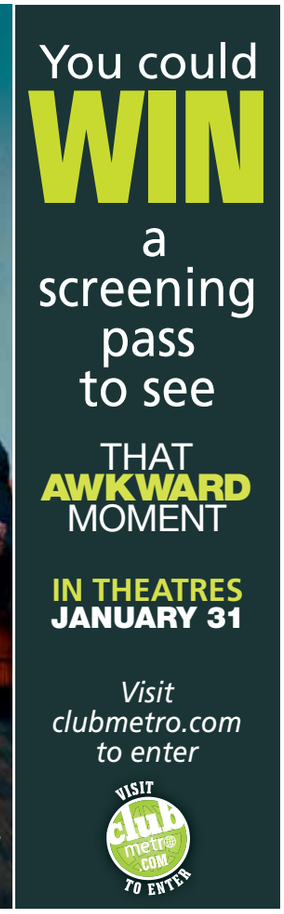
Tumblr got a taste of Blue Ivy's White House visit over the weekend.
TUMBLR: IAM.BEYONCE.COM

The great thing about two-year-olds is that glamour doesn't exist for them. Sure, it's great for a baby if her parents are huge pop stars who hobnob at the White House, but the number one item on her agenda is still "Doggy doggy doggy doggy doggy."

Beyoncé visited said White House this past weekend to perform for Michelle Obama's 50th birthday, and she brought husband Jay Z and their daughter Blue Ivy along for the ride. Blue, clad in cat ears and an adorable white tulle gown that I would have murdered for when I was little, got to check out the White House Christmas tree and watch her mom perform, according to the sweet photos posted on her mama's Tumblr.

But could any of that compare to the sublime fuzziness of the Obama's Portuguese water dog, Bo? Beyoncé posted several blurry but adorable snaps on Tumblr of Bo and Blue making friends.

ZAC EFRON MILES TELLER MICHAEL B. JORDAN
THAT AWKWARD MOMENT
WHEN YOU REALIZE GETTING SOME MEANS WANTING MORE
JustGetHorizontal.com
JANUARY 31
/VVSFILMS /VVS_FILMS #AwkwardMomentMovie

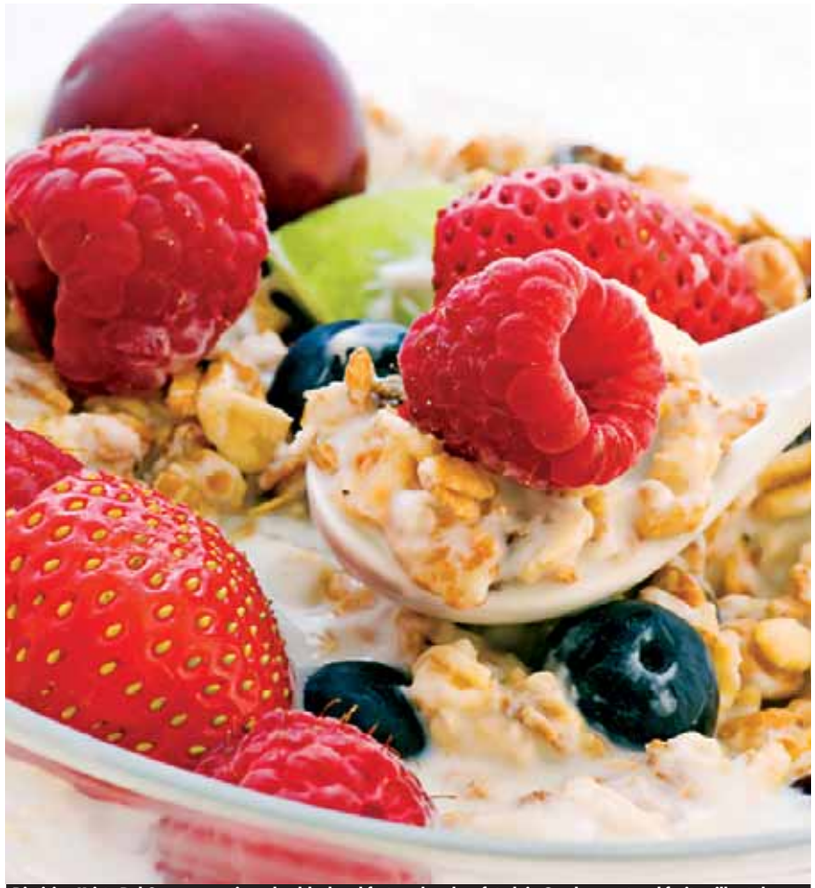

You could WIN a screening pass to see
THAT AWKWARD MOMENT
IN THEATRES JANUARY 31
Visit clubmetro.com to enter
VISIT clubmetro.com TO ENTER

No purchase necessary. Terms & conditions apply. For full contest details and conditions, visit clubmetro.com

THE GOLDEN GIVEAWAY
OVER $50,000
IN CASH AND GOLD PRIZES
JAN.17th–FEB.20th
Enter weekly for your chance to WIN $1,888 CASH plus a 2014 Year of the Horse GOLD coin every Thursday at 8pm & 9pm.
GRAND PRIZE DRAWS
$8,888 CASH plus a 2014 Year of the Horse GOLD coin on Feb.20th at 8pm & 9pm.
Earn ballots into weekly draws by playing your favourite slots, table games, daily hot seat draws, dining at Curve & Lulu's Lounge and MORE!
Hot Seat draws daily at 1pm, 4pm, 7pm, & 10pm for instant CASH prizes.
*Special CNY gold coin valued at $750
Visit: GoldenGiveaway.ca
RiverRock CASINO RESORT
Exit at Bridgeport Station
Redeem this coupon at River Rock Casino Guest Services to receive
ONE FREE BALLOT
for your chance to WIN!
For details and contest rules, please visit:
GoldenGiveaway.ca
RiverRock CASINO RESORT
bclc
Know your limit, play within it. GameSense
19+

5 steps for a healthier you

It's not as hard as you think. Sometimes it's as easy as getting out for a walk and drinking more water



Dietician Kristy Del Coro says eating a healthy breakfast, such as low-fat plain Greek yogurt and fruit, will set the tone for the entire day. ISTOCK

Committing to living a healthier lifestyle doesn't have to mean major dietary restrictions and rigorous workouts.

Kristy Del Coro, a registered dietitian and nutritionist in New York City, offers five easy tips in getting healthy.

Eat breakfast

Eating a healthy breakfast sets the tone for the day. Most studies show skipping breakfast to "save your calories" does just the opposite, causing people to consume more calories later in the day.

Your best bet? Start with lean protein, complex carbohydrates and some healthy fat to give you energy and keep you satisfied until your next meal. Some good go-to combinations are whole grain toast with all-natural nut butter (peanut, almond, walnut); steel-cut oatmeal topped with berries and unsalted nuts; low-fat Greek plain yogurt with fresh fruit; or, if you have a little extra time in the morning, an omelet made with one egg and two or three egg whites, easy-to-cook veggies like spinach and mushrooms.

Get up and get out

One of the first things you can do for your health is to move more. Small changes like getting off the subway a stop early, taking the stairs at work or carving out 10 minutes on your lunch break to go for a walk really make a difference.

Hydrate, hydrate, hydrate!

An easy first step in feeling healthy is to rehydrate. This means taking a hiatus from sugary drinks and alcoholic beverages, and loading up on caffeine-free, sugar-free fluids. Any variation of water will do — seltzer, mineral or tap. To keep a little excitement in your beverage, I suggest adding some slices of fresh citrus (grapefruit, orange, lemon or lime) or even fresh mint for natural sweetness.

Curb your sweet tooth

One of your priorities in starting fresh is to swap out those nutrient-poor simple carbohydrates with nutrient-dense complex carbohydrates like fruits and vegetables, whole grains and legumes.

If you've really developed a sweet tooth (craving sweets after every meal), you may need to go cold turkey to help get on track. Before you know it, the cravings will subside and you can go back to enjoying sweet treats every once in a while as part of a balanced diet.

Set yourself up for success

To ensure success, it is a good idea to plan ahead. Think of at least one new positive step you can take per week that you know you can achieve. Whether it's focusing on exercise, curbing your sweet tooth or eating more balanced meals, it may pay off more in the long run to just start with one instead of trying to achieve everything at once.

Whatever you choose, create an environment conducive to achieving that goal.

This may mean signing up for a fun exercise class at the gym with a friend, getting rid of any tempting sweets in the house, or stocking your fridge full of colourful fruits and vegetables that inspire you to cook healthy delicious meals at home.

For many people, selecting one area to focus on at a time is less overwhelming and often more realistic.

METRO

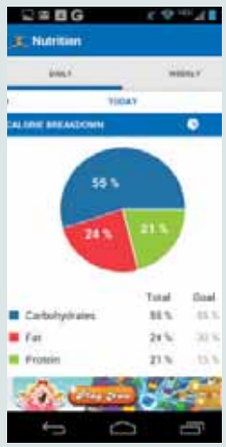
Review

Visualize your goals with a calorie tracker

MIND THE APP
Kris Abel
@RealKrisAbel
scene@metronews.ca

Calorie Counter by MyFitnessPal
iPhone/iPad/Android
Free

Find nutritional information for everything you eat with this barcode-scanning calorie tracker that visualizes your progress with helpful charts while keeping your goals in view through reminders and informed feedback.



Half-Off

Elisha is now two weeks into her plan to lose 10 pounds in six weeks. Will her fear of working out in public help or hinder her plans? Visit metronews.ca/voices/half-off to find out.

GYN in the know
Division of Gynaecologic Specialties, Department of Obstetrics and Gynaecology

LET'S TALK ABOUT GYN. Come discuss important topics in gynaecologic health including pelvic and genital pain, sexual health, pregnancy and pelvic floor health, incontinence, hepatitis B in women, and personalized medicine at GYN in the know's free monthly public forums.

Running February - June 2014 at UBC Robson Square

FIND THE DETAILS ON EACH FORUM AT OUR WEBSITE:
www.gynintheknow.com

FOLLOW US!
gynintheknow @DrLoriBrotto

visit metronews.ca

metro

Health Solutions

An apple a day... well, you know the rest

NUTRI-BITES
Theresa Albert
DHN, RNCP
myfriendinfood.com

How do you like them apples?

Some are good to cook, others are best eaten out of hand, but the true Canadian Mac can do both.

McIntosh are great cold-weather fruit that have all the health benefits including vitamin C and high amounts of the gelatinous pectin that helps remove cholesterol from your system.

Have you thought of trying them like this?

• Braised in apple juice as a simple dessert.

• Used in cooking, particularly with pork.

• Cored and stuffed with oats, butter and cinnamon.

• Dipped in stout beer and served with nuts for cocktail hour.

Some apples turn to mush when baked but the mac holds its shape and lends its tart sweetness graciously.

THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND PRIVATE NUTRITIONIST IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM

Four steps and one pan away from McIntosh Chops

THERESA ALBERT
myfriendinfood.com

This recipe serves two. COURTESY THERESA ALBERT

Something about sweet-tart Macs goes perfectly with pork chops and this recipe takes very few steps of prep then cooks itself in one pan.

1. Cut onion in half and into slices. Brown in oil for 2-3 minutes in a large, heavy skillet with a lid. Set aside.

2. Slice apples and set aside on a plate with the onions.

3. Brown each chop over high heat and place with apples.

4. Pour wine into pan and stir in apple butter and thyme. Add chops back with apples and onions, and cover. Turn down to medium and simmer 15 minutes until cooked through. Serve with mashed sweet potatoes. THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND TORONTO PERSONAL NUTRITIONIST. SHE IS @THERESAALBERT ON TWITTER AND FOUND AT MYFRIENDINFOOD.COM

Ingredients

- 1 onion
- 1 tsp grapeseed oil or other
- 2 McIntosh apples
- 1 lb pork chops, 2-3 thin chops
- 1 cup white wine or apple juice
- 2 tbsp apple butter or marmalade
- 2 tsp thyme
- salt and pepper, to taste

FLASH FOOD

From your fridge to your table in 30 minutes or less

Grapes and mustard sauce dress up chops

1. Season pork chops on both sides with salt and pepper. One at a time, dip chops in flour, coating well on both sides, but shaking off excess.

2. In skillet over medium-high, heat 1 tablespoon of oil. Add chops to pan and cook until lightly browned on first side, 2 minutes. Add remaining oil to skillet, turn chops and cook for 1 minute on second side. Transfer them to a plate and cover loosely with foil.

3. Add onion and grapes to skillet, reduce heat to medium-low and cook, stirring often, until onions are golden brown, about 3 to 4 minutes. Increase heat to high, add wine and bring to a boil. Simmer, stirring, until the wine is reduced to 1 tablespoon. Add veg or chicken broth and sugar and simmer until broth is reduced by half.

4. Reduce the heat to medium-low, return the pork to the skillet, along with any juices that have accumulated on the plate and simmer very gently, turning the pork several times, for 1 minute. Transfer each pork chop to a serving plate. Add the mustard to the sauce, whisking, then season with salt and pepper. Pour the sauce evenly over each portion and serve right away.

THE ASSOCIATED PRESS/ SARA MOULTON, AUTHOR OF SARA MOULTON'S EVERYDAY FAMILY DINNERS.

Ingredients

- 4 1/2-inch-thick boneless pork chops, trimmed of any fat
- Kosher salt and black pepper
- Blending flour, for dredging
- 1 1/2 tbsp vegetable oil
- 1/4 cup finely chopped onion
- 1 cup seedless grapes, halved
- 1/4 cup dry white wine
- 3/4 cup low-sodium broth
- 1/2 tsp dark brown sugar
- 1 tbsp Dijon mustard

NEED MONEY?
✓No credit checks
✓Fast approvals
call 1 866 499-5629
And get cash now!!
www.mynextpay.ca

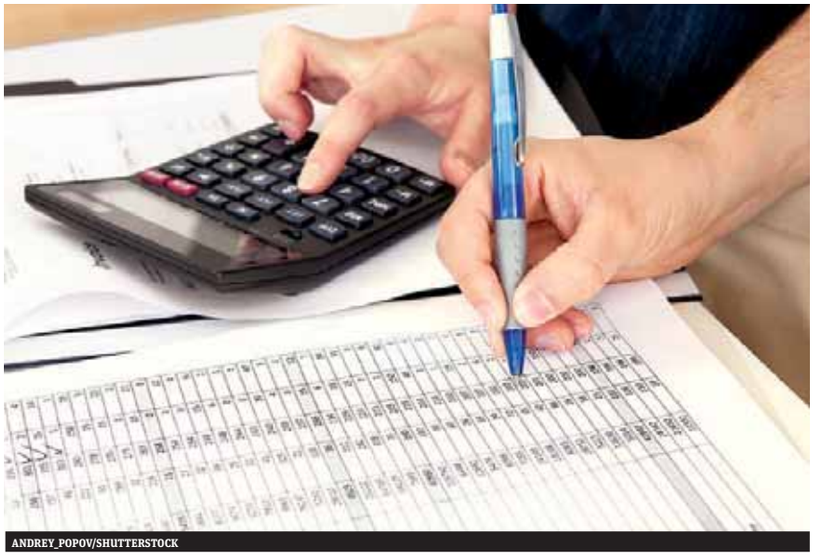
Canadian Health Care Academy
• Health Care Assistant will start on February 3, 2014
• Nursing Unit Clerk will start on February 17, 2014
• Accepting applications for PN and Access to PN Programs now
• Join our PN or Access to PN Program and receive a $2,500 discount on tuition and a free iPad
• All Practical Nursing pre-requisites are FREE (some conditions apply)
LOWEST TUITION FEE
New West 604-540-2421 Surrey 604-589-2422 • info@chcabc.com
Weekly open house Wednesdays 4-6pm • www.chcabc.com

Money 101. Two couples, one year to make them richer

Keeping up with the Jones' in 2014

Do you ever wonder what the Jones' are actually doing with their money? If so, you will finally get a peek inside their bank account. For the next 12 months, I will be following the financial decisions of two Canadian couples. By uncovering each couple's money realities, and offering practical advice, we will map out a plan to help them reach their financial goals.

My ultimate goal in this social experiment is to increase each couple's net worth. The series will explore subjects like debt reduction, saving, major life changes like buying a home and having a baby, relationships and money, calculating how long it will take to save $1 million or pay off a house, and so much more. You will find plenty of resources throughout the year, so follow along with the homework I will be dishing out every month. – Lesley-Anne Scorgie/For Metro



ANDREY_POPOV/SHUTTERSTOCK

LUXORPHOTO/SHUTTERSTOCK

Carolina and Jose

LESLEY-ANNE SCORGIE
For Metro

Assets		Liabilities	
RESP for their Eldest Child	$1,500	Combined Student Loans	$14,000
Car*	N/A	Line of Credit	$7,500
		Car Loan	$12,500
TOTAL ASSETS	$1,500	TOTAL LIABILITIES	$34,000

*Cars aren't considered assets because they decrease in value whereas true assets grow in value.

Homework

- Jose and Carolina will put together their first budget using a free template and budgeting resources from their online bank, Google Docs or GetSmarterAboutMoney.com. They also plan on determining the value of a home they can afford and specific housing options for their growing family.

Carolina and Jose married eight years ago and make their home in Calgary. The couple, aged 33 and 31, respectively, have three girls younger than five.

Jose works in the roofing business and does some freelance wedding photography to earn extra income. Between their eldest heading to kindergarten, potty training their toddler and soothing their teething infant, Carolina has her hands full as a stay-at-home mom. Carolina plans to return to work once their children all reach school age.

When government child tax benefits are included, the couple earns an annual income of approximately $55,000. After many years of feeling like they aren't getting ahead, Jose and Carolina are eager to improve their financial position. Together, they dream about one day having enough savings for retirement and some flexibility to travel.

Currently, though, the couple lives frugally, enjoying the comforts of their own home and the inexpensive excitement of raising their family. When they aren't working or dedicating time to their children, Carolina loves to get creative with crafts, sewing, reading and writing, while Jose enjoys competitive video games, graphic design and socializing with old pals.

Jose and Carolina talk about money from time to time, but recognize that in order to achieve their financial goals they will have to increase their financial communication, including the immediate task of developing a realistic budget.

When asked, their top financial goals for 2014 are as follows:

1. Buy a house and stop paying rent to Jose's parents, whose home they are currently leasing.
2. Afford a trip to Ontario to visit family.
3. Chip away at their existing debts.

Jose and Carolina's current net worth is –$32,500.

THE NAMES OF BOTH COUPLES HAVE BEEN CHANGED TO PROTECT THEIR PRIVACY.

Anne-Marie and Peter

Assets		Liabilities	
Anne-Marie's Pension	$73,000	Car Loan	$4,500
Anne-Marie's RRSP	$500	MBNA Low Rate Credit Card #1	$3,000
Peter's RRSP	$8,000	MBNA Low Rate Credit Card #2	$8,000
Car*	N/A		
TOTAL ASSETS	$81,500	TOTAL LIABILITIES	$15,500

*Cars aren't considered assets because they decrease in value whereas true assets grow in value.

Homework

- Between this month and next, Anne-Marie and Peter plan on simplifying their budget (which currently spans multiple spreadsheets), determining the value of a home they could potentially afford to buy by sitting down with a banker for a mortgage pre-approval, and gathering information on Anne-Marie's pension program at work.

Anne-Marie and Peter are an active couple in Toronto, aged 36 and 33, respectively. They moved in together five years ago and married last year; they're now expecting their first child in June. Both enjoy their professions: Anne-Marie works in broadcasting and Peter is a senior sports editor for a medium-sized publishing house.

Their combined income hovers close to $110,000, which is more than the median Canadian household income of around $72,000.

The couple is fortunate to have money in their budget — yes, they actually have a budget tracked on a spreadsheet — to afford their hobbies, which, in Anne-Marie's case, is centred around the arts while Peter digs hockey and other sports.

They are big into the Toronto foodie scene and love to travel. But their culinary and travel pursuits still require frugality like couponing, paying attention to menu prices and seeking out last-minute travel deals.

The financial landscape for Anne-Marie and Peter is full of opportunity. They have healthy financial habits, such as sharing in the bill paying and aggressively paying down debt. Money conversations occur weekly and are rooted in respect and trust, which the couple says helps them stay on track and avoid financial arguments.

When asked who runs the day-to-day finances, Peter quickly pointed to Anne-Marie, labelling her as their household's CFO.

But this year financial change is on the horizon as Anne-Marie and Peter welcome their first child into their small, but well-located, rented apartment.

With that in mind, their top financial priorities for 2014 are as follows:

1. Pay off as much debt before the baby comes.
2. Start saving for their child's education.
3. Begin a savings program for a down payment on a home.

Anne-Marie and Peter's net worth is $66,600.

Max out your TFSA contribution, not your credit card.

Get a $25 Bonus* when you become a new ING DIRECT Client and open a TFSA. Plus get a special **2.50% interest rate**** on balances until April 30, 2014.

ingdirect.ca

ING DIRECT
forward banking™

ING Bank of Canada and its subsidiaries have been acquired by The Bank of Nova Scotia and are no longer affiliated with ING Groep N.V. The trademarks ING, ING DIRECT, ING Lion, the ING Lion logo and any derivation, variation, translation or adaptation thereof are trademarks of ING Groep N.V. and are used under license. ™ forward banking is a trademark of ING Bank of Canada. *Offer valid from January 1, 2014 to March 31, 2014 for New Clients joining ING DIRECT with TFSA as First Product. Client must activate their TFSA Account and deposit their minimum initial deposit of $100 within 30 days of enrolment. Limit of one Bonus per person. May not be combined with any other offer. ING DIRECT will open a companion Investment Savings Account and deposit the Bonus there within 30 days of funding. ** Registered rate of 2.50% is available between January 1, 2014 and April 30, 2014 on all net new deposits made between January 1, 2014 and March 31, 2014 to qualifying Tax-Free Investment Savings Account (TFSA). Interest is calculated daily and paid monthly. Rates, like the weather, are subject to change. For full details visit **ingdirect.ca/maxout**.

HEALTHY WINTER HEART HABITS

Health-conscious Canadians are paying particular attention to cardiovascular health. Seasonal changes can sometimes throw us off our regular routines and some people discard heart-healthy habits for more convenient, unhealthy behaviours.

In fact, statistics show that as many as 40 per cent of Canadians have high cholesterol, which is a risk factor for heart disease.

Experts say the most important factors in cholesterol management are healthy lifestyle choices like a nutritious diet, regular physical activity and not smoking. During the winter months, some people find they lapse in these areas as they spend more time indoors to avoid the chilly weather and enjoy more hearty winter meals.

Here are some tips to help you stay heart healthy this season.

1 Try to consume more heart-healthy foods like fresh fruits and vegetables, fish, nuts and berries. Avoid foods with high levels of trans fats. If you do decide to indulge in convenience or comfort foods, try to reduce your portion size.

2 Get outside and enjoy all that winter has to offer. Bundling up and going for a brisk winter stroll can be a great way to get exercise and appreciate the snowy landscape. If you have a pair of skates, visit an outdoor rink — this is the only time of year they open.

3 If you are a smoker, try to cut down or quit smoking this winter. Don't be afraid to reach out to friends and family members for support.

When lifestyle changes aren't enough, Dr. Chris Mohr, RD, PhD, recommends a probiotic supplement that can help bridge the gap between diet, exercise and drugs.

COLOURBOX

"Cardioviva is the only probiotic that's been clinically proven to help reduce bad cholesterol," Mohr says. This supplement has been shown to help maintain healthy cholesterol levels by reducing the amount we absorb from food and the amount the body naturally produces. *– News Canada*

FREE CONSULTATION

IT'S A NEW YEAR!
Make your hair loss a thing of the past. Take the test today. Call now!

LOSING YOUR HAIR? WE HAVE THE ANSWER.
Make an appointment for microscopic hair analysis TODAY!
ASK US ABOUT LASER THERAPY

MICRON LABORATORIES
Since 1985
BBB A+ Rating
www.micronlabs.com

VANCOUVER
604-444-GROW(4769)
1-877-784-HAIR (4247)
#228-973 W. Broadway
(Broadway & Oak)
micronvancouver@shaw.ca

KAMLOOPS • KELOWNA • TORONTO • VICTORIA • VANCOUVER

GET TO THE ROOT OF THE PROBLEM

AT MICRON LABS

Hair loss solutions start at the root, according to all scientific literature and Micron Labs, a hair loss clinic based in Vancouver.

The Micron Labs initial assessment includes a microscopic analysis that evaluates the condition of the hair and scalp. The specialist examines the bulb of each hair to get a better understanding of the hair loss problem, and provides a one-hour consultation to develop a solution tailored to the patient.

Started in 1985 by biologist David Robson, Micron Labs now has five locations in B.C. and Ontario. Micron has served thousands of clients, not only in Canada, but also in the United States.

They have treated a wide array of patients, from men with male-pattern baldness, to women who are experiencing thinning hair due; individuals whose hair growth has been affected by chemicals in their hair products, pregnancy, stress, hormonal changes, etc.

The many stages and expectations of patients necessitate many treatments. That's why Micron Labs offers Vancouver's widest range of hair loss solutions, including automated scar-less hair transplanting, laser light therapy, carboxy therapy, natural solutions and custom hairpiece systems.

IA-64/COLOURBOX

Micron Labs is the best place to go for a free hourlong consultation to get to the root of the problem, and to get the best treatments to stabilize and grow your hair. You no longer have to be bald.

IT'S TIME TO DEVELOP A NEW LIFESTYLE

WITH STEVE NASH FITNESS WORLD AND SPORTS CLUB

CONTRIBUTED

Now that new year's has come and gone, have your new year's resolutions slipped through the cracks? Steve Nash Fitness World and Sports Club has a solution for that — several in fact.

The gym's diverse group fitness classes are designed to help members develop a new lifestyle, not just provide a quick fix, says Ingrid Knight-Cohee, group fitness director at Steve Nash.

"I'd like to think that as a society or culture we're evolving," Knight-Cohee says. "Our mindset is, let's get you where you want to be and keep you there. It's not just a crash diet or a detox or a quick fix. We've got all the tools at Steve Nash Clubs to make that long-term change happen."

The gym pays close attention to fitness trends to offer cutting-edge classes that provide an optimal workout for people of all skill and fitness levels.

Classes at the gym incorporate trends including dance, yoga and mixed martial arts to create a workout that's just as fun as it is challenging, Knight-Cohee says.

The gym has added several innovative classes to the list for 2014. A new type of yoga class called Buff Yoga combines the use of weights with yoga moves.

"Since Vancouver is such a yoga town, people are always looking for the next level," she says.

Another innovative class is called Surf + Snow.

"We recently purchased SurfSET surf boards, each with three small stability balls on the bottom," Knight-Cohee says. "You balance on the unstable surface while doing various strength, agility or flexibility moves. It mimics both surfing and snowboarding for a total body workout."

The gym's more traditional circuit-based workouts are ever popular. Tabata and Maxed-Out classes are ongoing favourites.

Pound is another unique class that gets members inspired.

"I just taught Pound today and I'm feeling it," Knight-Cohee says.

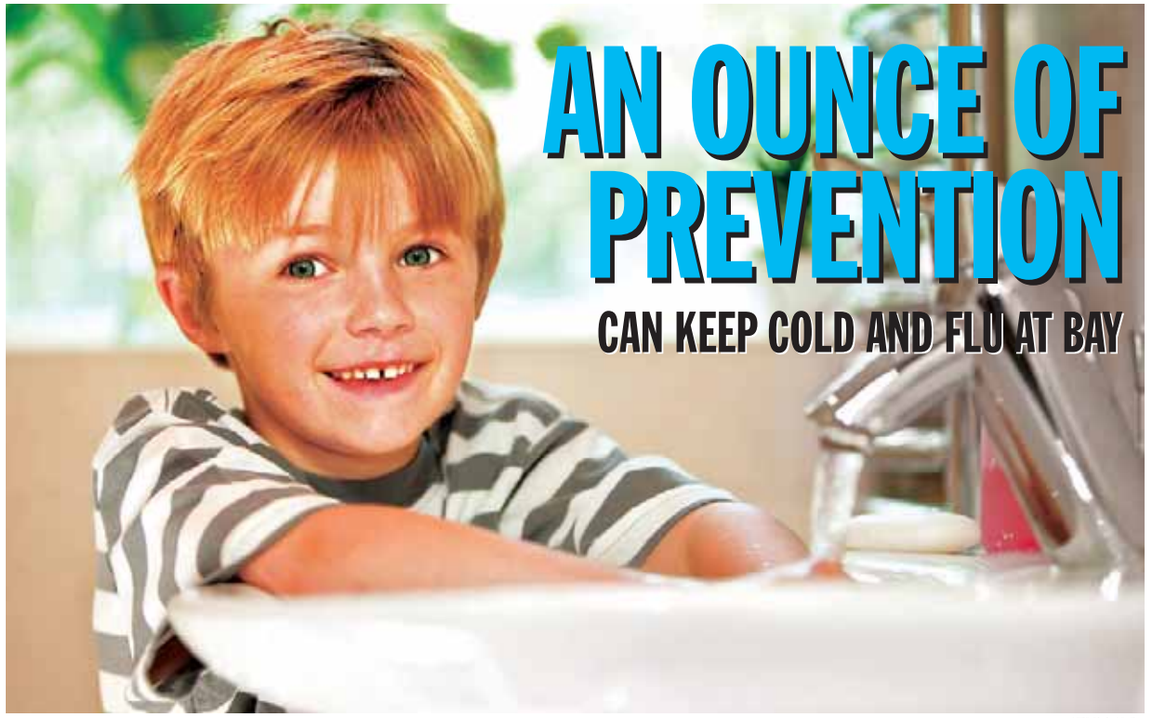
The class uses specialized drum sticks called ripstix, which class-goers use in choreographed workouts to particular songs.

"You do a ton of squats and lunges and you don't even realize it."

Steve Nash Fitness World and Sports Club is all about what she calls "exertainment."

"When we can offer classes that are innovative and challenging, it helps people stick to their routine, and it's a great way to beat plateaus. If you're mentally motivated, then the body follows."

THE POWER OF A GROUP
We're making survival of the fittest a bit more social! With numbers, there comes strength; making a connection with people that push you and motivate you while making you smile.
Experience the power and energy of Group Fitness!
Check out our classes on YouTube
youtube.com/stevenashfitness
DOWNLOAD A FREE CLASS PASS AT SNCLUBS.COM TODAY!
VISIT US ONLINE SNCLUBS.COM
CALL US 604.495.NASH (6274)
STEVE NASH FITNESS WORLD & SPORTS CLUB
TRUE 2 FORM



AN OUNCE OF PREVENTION

CAN KEEP COLD AND FLU AT BAY

NEWS CANADA

We have all heard it — the home remedies to cure a cold or flu told to us by the friend of a friend of a friend who just swears it always works.

Some people consume copious amounts of a specialty tea, while others are proponents of sweating out your sickness. Some mix cough syrup concoctions and others are convinced you have to ride out the storm.

The best way, however, to ease seasonal cold and flu ailments, like runny nose, sore throat and aching body, is to protect yourself before you get sick.

Here are some tips to help you keep seasonal illnesses away.

1 Get the flu shot. It's free and it can prevent the flu from taking hold up to 90 per cent of the time among healthy adults and children.

2 Wash your hands with soap and water thoroughly and often.

3 Keep alcohol-based hand sanitizer handy with at least 60 per cent alcohol content.

4 Cover your mouth and nose with your arm or use a tissue when you cough or sneeze to help keep stuff off hands and dispose of the tissue immediately.

5 Stay home from work if you are feeling sick.

6 Avoid touching your eyes, nose and mouth since the flu virus usually enters the body through those areas.

7 Eat well, exercise and get enough rest.

8 Get educated and know when the cold and flu are likely to hit your community.

Don't spend all winter experimenting with home remedies. Proactively protect yourself from cold and flu germs this season and you can stop your runny nose before it starts flowing, soothe your throat before it starts hurting and ease your aches before you start aching. *– News Canada*

P&G
WORLDWIDE PARTNER
PARTENAIRE
MONDIAL
EFFECTIVE 6-SYMPTOM COLD & FLU RELIEF, DAY OR NIGHT.
The non-drowsy, stuffy head, sore throat, nasal congestion, coughing, aching, fever, seize the day even with a cold...medicine.
DayQuil
NyQuil
The nighttime sniffling, sneezing, sore throat, coughing, aching, fever, so you can sleep with a cold...medicine.
VICKS® breathe life in™
VICKS DAYQUIL & NYQUIL
To ensure this product is right for you, always read and follow the label. Keep out of reach of children.
© Procter & Gamble, Inc., 2014.
Official Sponsor of the Olympics. 36 USC 220506

NHL

Leafs' streak grows to five in Phoenix

Jonathan Bernier stopped 39 shots and the Toronto Maple Leafs had another big scoring night to beat the Phoenix Coyotes 4-2 Monday for their first five-game winning streak in seven years.

Phil Kessel had a goal and an assist to extend his points streak to six games for Toronto, which last won five straight from Jan. 27-Feb. 6, 2007. Jake Gardiner and Nazem Kadri each had a goal and an assist, and Carl Gunnarsson scored his first goal in nearly a year.

The Maple Leafs have 20 goals during their winning streak.

The Coyotes sent a flurry of shots at Bernier after falling behind 3-0 and matched a team record by scoring a power-play goal in eight straight games when Mike Ribeiro scored early in the third period.

THE ASSOCIATED PRESS

NBA

Millsap, Hawks cool off Heat

Paul Millsap scored 26 points and the Atlanta Hawks overcame LeBron James' 30 points to beat the Miami Heat 121-114 on Monday night.

DeMarre Carroll added 19 points and Pero Antic had 17 for the Hawks, who snapped a nine-game losing streak in their series with the Heat.

Chris Bosh had 21 points for Miami, which was without Dwyane Wade for the second straight game.

THE ASSOCIATED PRESS

Canucks' players have Torts' back

NHL. Vancouver head coach suspended 15 days for altercation outside Flames dressing room on Saturday

CAM TUCKER
cam.tucker@metronews.ca

With John Tortorella in New York for a hearing about his actions in an altercation outside the Calgary Flames dressing room on Saturday night, his players in Vancouver were lending support behind their head coach.

On Monday, the NHL suspended Tortorella for 15 days, or six games, without pay for rushing to the Flames dressing room and getting involved in a confrontation in the hallway during the first intermission of Saturday's fight-filled game at Rogers Arena. The two teams engaged in a line brawl — five fights at once — just two seconds into the game.

It remains a major topic of conversation.

Tortorella was irate with Flames head coach Bob Hartley for his starting lineup, which included noted tough guys Brian McGrattan and Kevin Westgarth. Hartley was fined $25,000 by the NHL as a result.

The Canucks' fiery bench boss was seen repeatedly during and after the brawl pointing a finger and shouting at Hartley.

Tempers boiled over into the intermission, when, in a scene of chaos, Tortorella was captured on the bottom-left part of television screens in the melee outside the Flames' room. McGrattan, who fought Tom Sestito, was there, appearing to try and break up what was going on.

Canucks head coach John Tortorella shouts at his Flames counterpart, Bob Hartley, during Saturday's game at Rogers Arena. JONATHAN HAYWARD/THE CANADIAN PRESS

Captain to miss Tuesday's game

Henrik Sedin's ironman streak over

For the first time in almost 10 full years, Henrik Sedin will miss an NHL regular-season game.

The Canucks captain and franchise leader in points will not play Tuesday against the Edmonton Oilers, assistant coach Mike Sullivan confirmed to reporters.

That ends Sedin's ironman streak at 679 games. The last time he missed a game: March 19, 2004.

"I think it's a testament to how tough he is," said Sullivan of Sedin's ironman streak.

Following Monday's practice, run jointly by assistants Mike Sullivan and Glen Gulutzan, players were backing Tortorella, even though his actions have been condemned by many across the hockey world and could keep him away from the bench for some time.

"Torts, we like it, obviously. You guys know he's an emotional guy and he's fiery. He's got our backs, so when he sees something that he disagrees with, he cares about the players in this room," said Kevin Bieksa, who was ejected from the game for a secondary altercation in the brawl.

"We stand behind him. He's changing the culture of this team and that's exactly what we wanted and exactly what everyone felt we needed," added Zack Kassian.

For more on the Canucks, visit metronews.ca and follow Cam Tucker on Twitter @camtucker_metro

Whitecaps re-sign captain Jay DeMerit

Jay DeMerit GETTY IMAGES FILE

As Jay DeMerit stood before the cameras and microphones, the conversation shifted to the now-concluded Camilo Sanvezzo saga.

"I was thinking about posting a selfie, but it was only in a Whitecaps shirt," said DeMerit on Monday.

DeMerit will play a fourth season for the Vancouver Whitecaps. The club announced it had re-signed the veteran centre back and captain, who has made no secret about his love of the city, to a new contract. Terms of the deal were not disclosed.

DeMerit, now 34 years of age, has started in 64 of 66 matches over all competitions in his three years with the Whitecaps.

However, his 2013 campaign was disrupted due to major injury — a ruptured Achilles tendon suffered in the season opener against Toronto FC required surgery.

After more than six months out of the lineup, he returned to game action in mid-September, and started in the club's six remaining regular-season games.

Quoted

"Obviously a big part of his game is he's a competitor."

Whitecaps head coach Carl Robinson on captain Jay DeMerit.

Carl Robinson expressed his desire to get DeMerit re-signed to a new contract when he was introduced as the club's new head coach in December.

But DeMerit isn't getting any younger. Behind him and fellow veteran centre back Andy O'Brien, there are three younger, up-and-coming players at the same position in Johnny Leveron, Carlyle Mitchell and 2014 third-overall draft pick Christian Dean.

"We talk about the young players in our squad in our locker-room and he's an important part of that, developing them and teaching them good habits," Robinson said. CAM TUCKER/METRO

4 SPORTS

Canada's Bouchard has major Aussie Open breakthrough

Montreal's Eugenie Bouchard celebrates Tuesday's quarter-final Australian Open win over Ana Ivanovic in Melbourne. Bouchard will next face China's Li Na in the semifinals. RICK RYCROFT/THE ASSOCIATED PRESS

Tennis. Rising star from Montreal becomes second-ever Canadian to make it to semifinals at a Grand Slam

Eugenie Bouchard is the first Canadian to reach a Grand Slam semifinal in 30 years after a stunning upset of Ana Ivanovic at the Australian Open.

Bouchard, the 30th seed, overcame Ivanovic 5-7, 7-5, 6-2 on Monday, making the Montreal native just the second Canadian to ever compete in a Grand Slam singles semi.

The last Canadian to go to the semis at a major was Toronto's Carling Bassett at the 1984 U.S. Open.

Bouchard's final-four spot is the first for a Canadian in Melbourne. The 19-year-old did it in just under two and a half hours.

"We had a tough match, she was playing well at times," said Bouchard. "When she did there was not much I could do. I kept fighting, played aggressive and stepped it up in the second and third sets.

"The most important thing is to enjoy it out there and that's what I've been doing. I tried to stay calm and go for my shot, that's when I play my best."

Bouchard will play next against China's Li Na, the fourth seed, after the former French Open champion defeated Italy's Flavia Pennetta 6-2, 6-2.

Looking towards Li

"She won't give me many chances so I'll have to take any that I get."

Eugenie Bouchard on facing Li Na in the upcoming Australian Open semifinals.

"I played (Na) in Montreal in 2012, we had a tough battle but I was not so experienced back then," said Bouchard. "This time I'll be ready. She won't give me many chances so I'll have to take any that I get."

Bouchard's ranking should rise into the top 20 as a result of her success, according to WTA calculations. She also beat Ivanovic, a former world No. 1, last year in the second round of Wimbledon.

THE CANADIAN PRESS

Jon Montgomery

2010 skeleton champ falls short of Team Canada

Jon Montgomery won't defend his Olympic gold medal in men's skeleton at the Winter Olympics.

He fell just short of qualifying for the Canadian Olympic team at a World Cup in Austria last weekend.

Canada was assured of two entries in men's skeleton in Sochi.

Calgary's John Fairbairn and Eric Neilson of Kelowna, B.C., had already claimed those spots.

Montgomery was trying to both qualify a third sled for Canada and earn his spot on the Olympic team at the same time.

The slider from Russell, Man., finished seventh Saturday but needed to be at least fourth, according to Canadian coach Duff Gibson. THE CANADIAN PRESS

Canada's Jon Montgomery
THE ASSOCIATED PRESS

Allingers. Russia aims to recreate Canada's success with help of sports couple

There will be Canadian fingerprints on the Russian team's performance at the Winter Olympics next month in Sochi.

The Russian Olympic Committee hired sports power couple Todd and Cathy Allinger of Vancouver after their significant contributions to Canada's medal haul at the 2010 Vancouver Games.

The Russians want 14 gold medals in Sochi, which would equal the Winter Games record set by the Canadian team in 2010. The host country is also aiming for a top-three finish in the overall medal count.

It seems like an ambitious goal after Russia won just three gold medals in 2010, the country's fewest at a Winter Games since the breakup of the Soviet Union. The Russians also ranked sixth in total medals with 15.

Like Canada prior to 2010, Russia doesn't want to be embarrassed by its performance at its own Games. The ROC recruited the Allingers in the fall of 2010 because they possess sports expertise few in the world have.

After scouting and reviewing Russia's athletes, teams and sport federations, the Allingers made recommendations and "they've probably implemented 90 per cent of them," Cathy says.

"We really think Russia is on track and ready to win the medals that they are wanting to," Cathy told The Canadian Press in a phone interview from Vancouver. "We're excited because Russia has developed more potential medal athletes in this four-year period than any other country has. Based on the way we evaluate and look at the numbers, they've done incredibly well with developing medal potential for 2014."

THE CANADIAN PRESS

Winning record

- Cathy Priestner-Allinger was the first Canadian woman to win an Olympic speedskating medal in 1976.
- She and Todd co-authored the report — the template for Own The Podium — that revolutionized how Canada's athletes prepare to compete in Olympic Games.

NHL

EASTERN CONFERENCE

ATLANTIC DIVISION

	GP	W	L	OL	GF	GA	Pt
Boston	49	31	15	3	141	109	65
Tampa Bay	50	29	16	5	146	123	63
Montreal	49	27	17	5	126	120	59
Toronto	51	26	20	5	145	154	57
Detroit	49	21	18	10	122	134	52
Ottawa	49	21	19	9	139	155	51
Florida	49	19	23	7	116	148	45
Buffalo	47	13	27	7	86	133	33

METROPOLITAN DIVISION

	GP	W	L	OL	GF	GA	Pt
Pittsburgh	49	34	13	2	157	120	70
NY Rangers	51	27	21	3	128	128	57
Philadelphia	50	25	19	6	137	144	56
Columbus	48	24	20	4	138	135	52
Washington	49	22	19	8	142	150	52
New Jersey	50	20	19	11	115	123	51
Carolina	48	20	19	9	117	137	49
NY Islanders	51	20	24	7	142	166	47

Monday's results
NY Islanders 4 Philadelphia 3 (SO)
Boston 3 Los Angeles 2
Florida 5 Pittsburgh 1
St. Louis 4 Detroit 1
Toronto 4 Phoenix 2
Nashville 4 Dallas 1
Calgary at San Jose

Sunday's results
Chicago 3 Boston 2 (SO)
Tampa Bay 5 Carolina 3
NY Rangers 4 Washington 1

Tuesday's games — All Times Eastern
Los Angeles at Columbus, 7 p.m.
St. Louis at New Jersey, 7 p.m.
Ottawa at Washington, 7 p.m.
Florida at Buffalo, 7 p.m.
Carolina at Philadelphia, 7 p.m.
NY Islanders at NY Rangers, 7 p.m.
Minnesota at Dallas, 8 p.m.
Toronto at Colorado, 9 p.m.
Vancouver at Edmonton, 9:30 p.m.
Winnipeg at Anaheim, 10 p.m.

Wednesday's games
Montreal at Pittsburgh, 7 p.m.
Chicago at Detroit, 8 p.m.
Phoenix at Calgary, 9:30 p.m.

WESTERN CONFERENCE

CENTRAL DIVISION

	GP	W	L	OL	GF	GA	Pt
Chicago	51	32	8	11	184	139	75
St. Louis	48	33	10	5	170	108	71
Colorado	48	31	12	5	142	122	67
Minnesota	51	27	19	5	125	125	59
Nashville	51	22	22	7	125	152	51
Dallas	49	21	20	8	137	152	50
Winnipeg	50	22	23	5	141	150	49

PACIFIC DIVISION

	GP	W	L	OL	GF	GA	Pt
Anaheim	51	37	9	5	175	126	79
San Jose	49	31	12	6	158	121	68
Los Angeles	50	29	15	6	128	103	64
Vancouver	50	25	16	9	127	127	59
Phoenix	49	23	17	9	141	149	55
Calgary	49	16	26	7	109	156	39
Edmonton	51	15	30	6	131	181	36

Note: Two points for a win, one point for overtime loss.

SCORING LEADERS

	G	A	Pts
Crosby, Pgh	25	43	68
Getzlaf, Ana	25	33	58
Tavares, NYI	22	36	58
Kane, Chi	23	33	56
Perry, Ana	27	28	55
Thornton, SJ	6	46	52
St. Louis, TBL	25	25	50
Sharp, Chi	25	25	50
Ovechkin, Wash	35	14	49
Kunitz, Pgh	24	25	49
Backstrom, Wash	11	38	49
Pavelski, SJ	25	23	48
Kessel, Tor	23	25	48
Toews, Chi	17	31	48
Okposo, NYI	19	28	47
Malkin, Pgh	12	35	47

Not including last night's games

NFL PLAYOFFS

CONFERENCE CHAMPIONSHIPS

Sunday's results
AFC — Denver 26 New England 16
NFC — Seattle 23 San Francisco 17

SUPER BOWL XLVIII

Sunday, Feb. 2 — At East Rutherford, N.J.
Denver vs. Seattle, 6:30 p.m.

NBA

EASTERN CONFERENCE

	W	L	Pct	GB
d-Indiana	32	7	.821	—
d-Miami	29	12	.707	4
Atlanta	21	19	.525	11½
d-Toronto	20	20	.500	12½
Washington	20	20	.500	12½
Chicago	20	20	.500	12½
Brooklyn	17	22	.436	15
Charlotte	18	25	.419	16
Detroit	17	24	.415	16
Cleveland	15	26	.366	18
New York	15	26	.366	18
Boston	14	28	.333	19½
Philadelphia	13	28	.317	20
Orlando	11	30	.268	22
Milwaukee	7	33	.175	25½

WESTERN CONFERENCE

	W	L	Pct	GB
d-San Antonio	32	9	.780	—
d-Portland	31	10	.756	1
Oklahoma City	31	10	.756	1
d-L.A. Clippers	29	14	.674	4
Houston	28	15	.651	5
Golden State	26	16	.619	6½
Dallas	25	18	.581	8
Phoenix	23	17	.575	8½
Denver	20	20	.500	11½
Memphis	20	20	.500	11½
Minnesota	19	21	.475	12½
New Orleans	16	24	.400	15½
L.A. Lakers	16	26	.381	16½
Sacramento	14	25	.359	17
Utah	14	28	.333	18½

d - division leader

Monday's results
Dallas 102 Cleveland 97
L.A. Clippers 112 Detroit 103
Charlotte 100 Toronto 95
Washington 107 Philadelphia 99
Brooklyn 103 New York 80
New Orleans 95 Memphis 92
Atlanta 121 Miami 114
Chicago 102 L.A. Lakers 100 (OT)
Houston 126 Portland 113
Indiana at Golden State

Tuesday's games — All Times Eastern
Orlando at Brooklyn, 7:30 p.m.
Boston at Miami, 7:30 p.m.
Sacramento at New Orleans, 8 p.m.
Portland at Oklahoma City, 8 p.m.
Minnesota at Utah, 9 p.m.

Horoscopes

♈ Aries
March 21 - April 20
Even if you prefer to walk alone, it will pay you to get more involved in group activities over the next few days. Friends will bring you luck and make life more enjoyable.

♉ Taurus
April 21 - May 21
This is the perfect time to give your reputation a boost. You will find favour with people in positions of power but the most important thing is that you believe in yourself.

♊ Gemini
May 22 - June 21
Don't waste time telling the world what you are going to do — just do it. You should be aiming higher than ever before. If you want something enough, you can make it happen.

♋ Cancer
June 22 - July 23
Someone you do business with will force you to choose between your ideals and your earnings. If you compromise your principles once, you will be expected to compromise them again and again.

♌ Leo
July 24 - Aug. 23
Now that the Sun is transiting your opposite sign of Aquarius, make an effort to see things from alternative points of view. Also, don't criticize people you care for just because they fail to live up to your high standards.

♍ Virgo
Aug. 24 - Sept. 23
Cosmic activity in the area of your chart that governs your work and your well-being is warning you not to push yourself too hard. Your energy levels may be a bit low, so pace yourself sensibly.

♎ Libra
Sept. 24 - Oct. 23
Throw caution to the wind and just let your instincts guide you. This is a great time for creative activities and affairs of the heart, so be creative about your love life and love everything you create.

♏ Scorpio
Oct. 24 - Nov. 22
Decisions you make over the next few days will have a lasting impact on your domestic situation. So, make sure you know the facts and you are not being misled by those who have an agenda.

♐ Sagittarius
Nov. 23 - Dec. 21
Be sociable. Wherever you go and whatever you do, you will have a lot of fun and even the most ordinary of encounters will be hugely enjoyable.

♑ Capricorn
Dec. 22 - Jan. 20
If you need financial assistance, now is the time to ask for it. The planets make it easy to convince those who can help that your cause is deserving. Having said that, the assistance will not come cheap, so help yourself as much as you can.

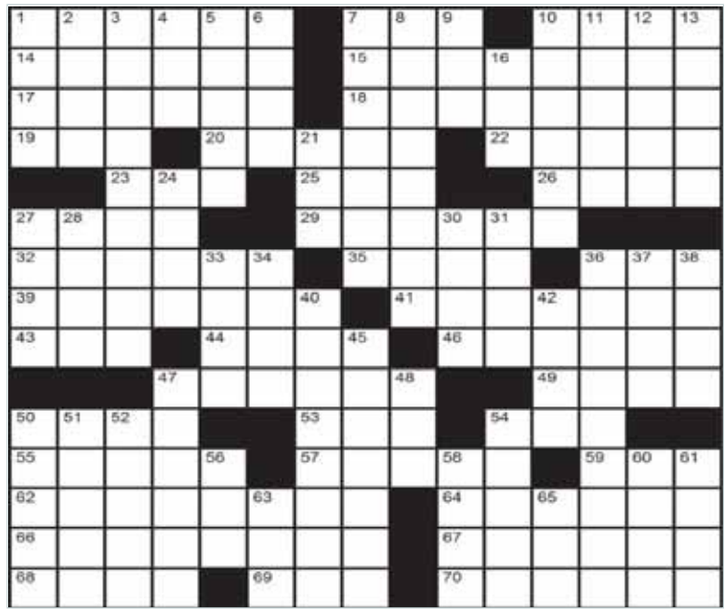
♒ Aquarius
Jan. 21 - Feb. 19
It's one of the most vital times of the year for you. The Sun in your sign will ensure whatever you do is endowed with extra power. Aim to do good things for others and good things will come your way.

♓ Pisces
Feb. 20 - March 20
This may be a difficult time for you, but it is also a time when you can learn a great deal about yourself, which in turn makes success in the long-term more likely. SALLY BROMPTON

Crossword: Canada Across and Down

See today's answers at metronews.ca/answers.

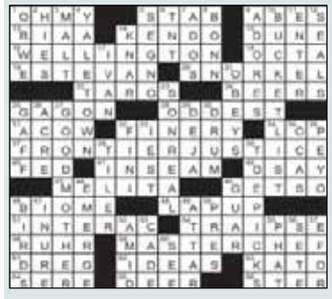
BY KELLY ANN BUCHANAN



Across
1. University of Manitoba, Home of the __
7. Male swan
10. House of __ (Mid-east royal family)
14. Jessica Simpson's sister
15. NB community, locale of 5 CDSB Gagetown
17. Elegant aircraft
18. Blue in colour, it's the Yukon's official gemstone
19. Forestry fluid
20. Uncertainty
22. Splashy surges
23. Music producer, Don __
25. Oscar-winning actress, Melissa __
26. Ms. Sedgwick
27. Ride the waves
29. Get there
32. Make happy
35. Amy's Golden Globes co-host
36. These: French
39. __ one's arms (Cease the stern-looking pose)
41. Popcorn brand, __ Redenbacher's
43. US state, North __.
44. Made, as cotton candy
46. "__ __ you can!" (Buffet host's urging)
47. Elated
49. Caustics
50. Prefix to 'allergenic'
53. Calendar abbr.
54. Mop & __ (Floor cleaner)
55. "Lorna __" (1951)
57. "Best _ __ Had" by Drake
59. Liq. amounts
62. Jay Z's wife, to fans: 2 wds.
64. Velvet
66. Gwen Stefani's rocker hubby Gavin
67. Do charades: 2 wds.
68. Wild blue yonder's
69. Dictionary abbr.
70. Spanish Conquistador, Hernan __ (b.1485 - d.1547)

Down
1. Undereye cream targets
2. Ms. Fisher
3. Scuba diving exploration site
4. Antiquated
5. Must-haves
6. Prefix to 'tonin' (Sleepy stuff)
7. Stephen of that satirical 'Report' show
8. Handel musical work
9. TLC member, T-__
10. "__, __... how are you 'n' stuff?" (English-as-it's-often spoken query)
11. Tart-tasting
12. Express
13. __ _ great job (Performs well)
16. Mother goddess of Thebes
21. 'Form' suffix
24. Way out there
27. Tater
28. Forearm bone
30. Concerning, curtly: 2 wds.
31. __-__-voom!
33. Fair
34. Catch a glimpse
36. Vancouver Island: __ Sound
37. Ms. Macpherson
38. Poivres partners
40. Canadian Forces Base __, in Alberta
42. "__ be okay." (Don't worry)
45. Ballet legend, Rudolf __ (b.1938 - d.1993)
47. "Bridget __ Diary" (2001)
48. Ms. Ullmann
50. Main office [abbr.]
51. "How are things?": 2 wds.
52. Verse
54. Painter, El __ (b.1541 - d.1614)
56. Conclusion
58. Leave a disaster area, for short
60. Honest
61. Positions
63. Woolly one's call
65. Env.'s stuff-y

Yesterday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

	7		6		1		5	
			9		3			
5		6				3		4
		1	3		6	4		
2								7
		7	5		4	1		
8		3				9		6
			8		9			
	6		7		2		8	

Yesterday's Sudoku

6	2	7	8	4	1	5	3	9
3	5	1	2	9	6	7	4	8
8	4	9	3	7	5	1	2	6
1	3	6	7	5	4	8	9	2
2	7	4	9	8	3	6	1	5
9	8	5	1	6	2	4	7	3
4	1	3	5	2	8	9	6	7
5	9	2	6	1	7	3	8	4
7	6	8	4	3	9	2	5	1

Today
7°/4°
Variable

Wednesday
7°/3°
Partly cloudy

Know what the weather will be 14 days from now.
Check the 14 day trend.
©The Weather Network 2014

visit metronews.ca
metro

FLIGHT CENTRE®
The Airfare Experts
1 866 519 5111
flightcentre.ca

Seattle
Valentine's Day, 2 Nights
$175 from pp
INCLUDES accom in the University District. ADD CityPASS discount attraction card from $85.

Conditions apply. Hotel prices are per person, based on double occupancy for total length of stay unless otherwise stated. pp=per person. Prices are for select departure dates and are accurate and subject to availability at advertising deadline, errors and omissions excepted, and subject to change. Taxes & fees include transportation related fees, GST/HST and fuel supplements and are approximate and subject to change. BC REG: #HO2790

Earn up to 20,000 Aventura Points, plus no annual fee for the 1st year.[1]

The new CIBC Aventura® Travel Rewards Program. So good even penguins can fly™.

With flights for as little as 10,000 points, you'll be flying in no time. But hurry! You need to apply by March 31, 2014, to receive the offer.

CIBC

Visit us at cibc.com/penguinscanfly or call 1 855 813-9803.

[1] Offer applies to newly approved eligible Aventura credit card accounts only for applications received between January 1 and March 31, 2014; transfers from an existing CIBC credit card are excluded. Bonus points and annual fee rebate awarded to the primary cardholder. Qualifying purchases must be made to receive bonus points. Offer may be withdrawn or changed without notice at any time. Conditions apply; for details visit cibc.com/penguinscanfly. [2] Aventura Points can be redeemed for up to 100% of the cost of airfare as well as (if you have sufficient Aventura Points) for taxes and other charges on airfare purchased through the CIBC Rewards Centre. You must book all flights through the CIBC Rewards Centre. Some taxes and other charges may be collected locally/when you are travelling, and cannot be prepaid; please ask a CIBC Rewards Centre Counsellor for specific details. Visa™ and Visa Infinite™ are trademarks of Visa Int./CIBC lic. user. All other trademarks are owned by CIBC or related entities.